



Baby Spinach Salad with Warm Citrus-Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups bagged prewashed baby spinach
- ☐ 2 slices bacon
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brandy
- ☐ 0.5 apples i use 2 granny smith apples thinly sliced
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon juice of lemon fresh

- ☐ 0.3 cup mangos peeled chopped
- ☐ 0.5 cup thinly onion red vertically sliced
- ☐ 0.3 cup orange juice fresh
- ☐ 12 raspberries fresh
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon walnuts toasted chopped
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ To prepare vinaigrette, cook bacon in a medium nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Discard drippings.
- ☐ Add orange juice, brandy, vinegar, and honey to pan; cook over medium-low heat 5 minutes or until reduced to about 2 tablespoons. Stir in bacon, salt, and 1/8 teaspoon pepper.
- ☐ To prepare salad, combine water and lemon juice in a medium bowl.
- ☐ Add apple; toss to coat.
- ☐ Remove apple from bowl with a slotted spoon; place in a large bowl.
- ☐ Add spinach, onion, and mango to apple.
- ☐ Drizzle with vinaigrette, and toss gently to coat. Arrange about 2 1/4 cups salad on each of 2 plates; top each serving with 1 1/2 teaspoons walnuts and 6 raspberries.
- ☐ Sprinkle with cracked black pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:170.01, Glycemic Load:8.14, Inflammation Score:-10, Nutrition Score:23.137826232806%

Flavonoids

Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.17mg, Kaempferol: 4.17mg, Kaempferol: 4.17mg, Kaempferol: 4.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg

Nutrients (% of daily need)

Calories: 262.99kcal (13.15%), Fat: 12.59g (19.37%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 20.36g (7.4%), Sugar: 16.53g (18.37%), Cholesterol: 14.52mg (4.84%), Sodium: 342.87mg (14.91%), Alcohol: 5.01g (100%), Alcohol %: 2.23% (100%), Protein: 6.44g (12.89%), Vitamin K: 293.14µg (279.18%), Vitamin A: 5971.22IU (119.42%), Vitamin C: 53.61mg (64.98%), Manganese: 0.91mg (45.25%), Folate: 154.27µg (38.57%), Fiber: 4.66g (18.64%), Potassium: 651.77mg (18.62%), Magnesium: 74.31mg (18.58%), Vitamin B6: 0.32mg (15.92%), Vitamin B1: 0.2mg (13.25%), Copper: 0.26mg (12.76%), Iron: 2.28mg (12.69%), Vitamin E: 1.75mg (11.64%), Vitamin B2: 0.19mg (11.08%), Phosphorus: 110.27mg (11.03%), Vitamin B3: 1.85mg (9.23%), Calcium: 88.94mg (8.89%), Selenium: 5.69µg (8.13%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.11µg (1.83%)