



Bacon, Avocado and Corn Salad by Gaby Dalkin's "Absolutely Avocados"

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 5 strips bacon thick cut
- ☐ 8 servings coarse salt
- ☐ 2 ounces cotija cheese (feta cheese may be substituted)
- ☐ 4 ears corn
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1 haas avocados

☐ 1 juice of lime juiced

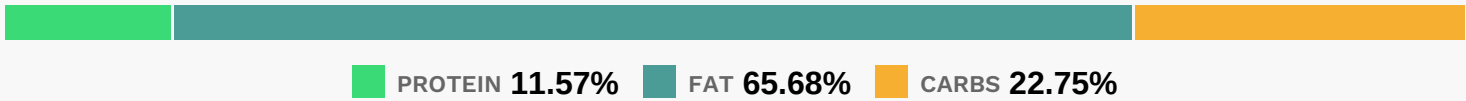
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ cutting board

Directions

- ☐ Place a heavy skillet over medium heat. Arrange the bacon strips in the skillet and cook on both sides until the bacon is crisp, 5 to 6 minutes.
- ☐ Transfer to a paper towel-lined plate to dry.
- ☐ Remove all but 1 tablespoon of the bacon fat from the skillet.
- ☐ Cut the kernels off each cob by laying the cob flat on a cutting board and using a sharp knife to remove the kernels. Discard the cobs and transfer the kernels to the skillet with the bacon fat. Cook the corn over medium-high heat until it is just slightly golden brown, about 5 minutes. Turn off the heat, crumble in the cotija cheese, and add the cilantro and lime juice.
- ☐ Let the mixture cool to room temperature. Roughly crumble the bacon into the corn mixture and toss to combine.
- ☐ Cut the avocado in half lengthwise.
- ☐ Remove the pit from the avocado and discard.
- ☐ Remove the avocado from the skin and cut the avocado into 1/2 inch pieces.
- ☐ Transfer the avocado to the skillet. Taste and season with salt and pepper before serving.
- ☐ Serve immediately at room temperature, or refrigerate for later. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:6.7130434849988%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 192.72kcal (9.64%), Fat: 14.76g (22.71%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 8.88g (3.23%), Sugar: 3.05g (3.39%), Cholesterol: 21.16mg (7.05%), Sodium: 432.19mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin B3: 2.22mg (11.08%), Phosphorus: 110.13mg (11.01%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.63g (10.51%), Folate: 41.97µg (10.49%), Vitamin B6: 0.2mg (9.91%), Vitamin B5: 0.87mg (8.72%), Potassium: 298.58mg (8.53%), Selenium: 5.97µg (8.52%), Vitamin C: 6.72mg (8.15%), Vitamin B2: 0.14mg (8.02%), Magnesium: 28.48mg (7.12%), Manganese: 0.13mg (6.39%), Vitamin K: 6.03µg (5.75%), Zinc: 0.84mg (5.62%), Vitamin E: 0.67mg (4.49%), Copper: 0.09mg (4.32%), Calcium: 41.14mg (4.11%), Vitamin B12: 0.23µg (3.87%), Vitamin A: 168.24IU (3.36%), Iron: 0.53mg (2.93%)