



## Bacon-Blue Cheese Salad With White Wine Vinaigrette

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup carrots shredded
- ☐ 2 medium cucumber peeled
- ☐ 3 cups the salad mixed
- ☐ 2 tablespoons pecans chopped
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 2 slices bacon thick-cut cooked halved

☐ 4 servings wine

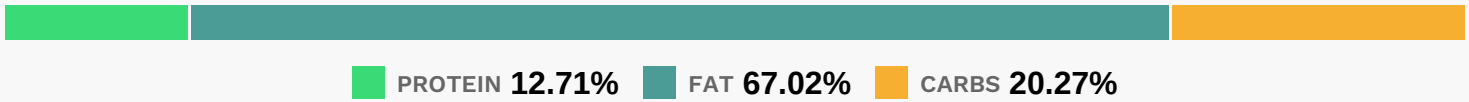
Equipment

- ☐ frying pan
- ☐ oven
- ☐ peeler

Directions

- ☐ Place chopped pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 8 minutes or until lightly toasted, stirring occasionally.
- ☐ Let cool 30 minutes or until completely cool.
- ☐ Using a Y-shaped vegetable peeler, cut cucumbers lengthwise into very thin strips just until seeds are visible. Discard cucumber core.
- ☐ Shape largest cucumber slices into 4 (2 1/2- to 2 3/4-inch-wide) rings. Wrap evenly with remaining cucumber slices. Stand rings upright on 4 serving plates.
- ☐ Fill each cucumber ring evenly with mixed greens, next 3 ingredients, and toasted pecans.
- ☐ Sprinkle with salt and pepper to taste.
- ☐ Drizzle each salad with 1 Tbsp. White Wine Vinaigrette, and serve with remaining vinaigrette.
- ☐ Note: Y-shaped vegetable peelers can be found at most kitchen, home goods, and discount stores from \$99 to \$

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:9.9578260960786%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.85mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 281.17kcal (14.06%), Fat: 13.37g (20.57%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.62g (2.77%), Sugar: 3.54g (3.94%), Cholesterol: 18.21mg (6.07%), Sodium: 434.5mg (18.89%), Alcohol: 15.14g (100%), Alcohol %: 5.99% (100%), Protein: 5.71g (11.41%), Vitamin A: 2268.97IU (45.38%), Manganese: 0.53mg (26.65%), Phosphorus: 135.42mg (13.54%), Vitamin C: 10.86mg (13.16%), Vitamin B6: 0.24mg (11.79%), Potassium: 404.56mg (11.56%), Magnesium: 41.5mg (10.37%), Vitamin B1: 0.14mg (9.31%), Vitamin K: 9.61µg (9.15%), Copper: 0.17mg (8.41%), Calcium: 83.79mg (8.38%), Folate: 32.8µg (8.2%), Selenium: 5.41µg (7.73%), Zinc: 1.1mg (7.33%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.33mg (6.67%), Vitamin B5: 0.66mg (6.61%), Iron: 1.07mg (5.93%), Fiber: 1.48g (5.93%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.27mg (1.79%)