



Bacon-Herb Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 1 teaspoon honey
- 0.1 teaspoon kosher salt
- 6 ounce herb salad mix
- 2 tablespoons sherry vinegar
- 2 slices center-cut bacon

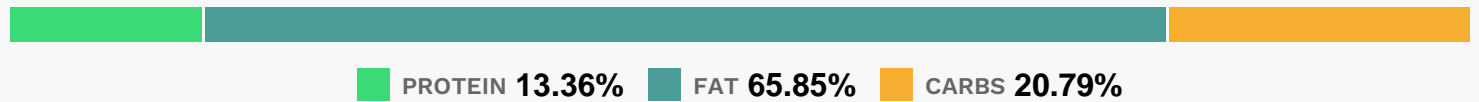
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook bacon slices in a small nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble.
- Pour drippings into a medium bowl.
- Add vinegar, Dijon mustard, honey, pepper, and salt to bowl; stir with a whisk.
- Add salad mix; toss to coat.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:2.8491304238205%

Nutrients (% of daily need)

Calories: 61.26kcal (3.06%), Fat: 4.48g (6.9%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 3.04g (1.11%), Sugar: 1.47g (1.64%), Cholesterol: 7.26mg (2.42%), Sodium: 184.74mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin C: 9.92mg (12.03%), Vitamin A: 489.6IU (9.79%), Manganese: 0.1mg (4.76%), Selenium: 3.25µg (4.64%), Folate: 15.97µg (3.99%), Phosphorus: 35.99mg (3.6%), Vitamin B3: 0.69mg (3.47%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.2%), Potassium: 104.18mg (2.98%), Iron: 0.41mg (2.26%), Magnesium: 7.75mg (1.94%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.24mg (1.62%), Copper: 0.03mg (1.54%), Vitamin B5: 0.12mg (1.23%)