



Bacon & roast onion salad

 Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



557 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 onion red cut into 8 wedges, root left intact
- ☐ 2 tbsp olive oil for drizzling
- ☐ 1 handful peas fresh ()
- ☐ 1 tsp sherry vinegar
- ☐ 1 tsp dijon mustard
- ☐ 2 slices bacon smoked
- ☐ 1 slice bread cut into cubes
- ☐ 1 baby lettuce

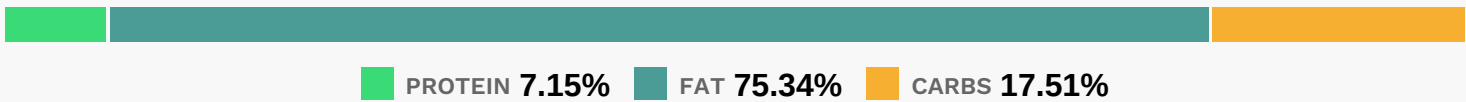
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Arrange the onion wedges on one side of a baking tray.
- ☐ Drizzle with tbsp of the olive oil and season. Put in the oven and roast for 15 mins.
- ☐ Meanwhile, cook the peas in boiling water for 2 mins, drain and rinse in very cold water. Set aside.
- ☐ Make the dressing by mixing together another tbsp of the oil, the vinegar, mustard and seasoning. Turn the onions, and put the bacon slices and bread next to them on the baking tray.
- ☐ Drizzle the remaining oil over the bread. Return the tray to the oven for 12 mins more, until the bacon and bread are golden.
- ☐ Put the lettuce and peas in a bowl, add the dressing and toss to combine. Arrange the onion and bread on top. Break up the bacon slightly and scatter over.
- ☐ Drizzle with a little more olive oil, if you like, and eat straight away.

Nutrition Facts



Properties

Glycemic Index:162, Glycemic Load:9.47, Inflammation Score:-6, Nutrition Score:11.66478271588%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.37mg, Quercetin:

22.37mg, Quercetin: 22.37mg, Quercetin: 22.37mg

Nutrients (% of daily need)

Calories: 556.68kcal (27.83%), Fat: 47.02g (72.33%), Saturated Fat: 9.97g (62.31%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 21.31g (7.75%), Sugar: 6.4g (7.12%), Cholesterol: 29.04mg (9.68%), Sodium: 484.41mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin E: 4.32mg (28.78%), Selenium: 19.18µg (27.4%), Manganese: 0.51mg (25.51%), Vitamin B1: 0.3mg (20%), Vitamin K: 20.25µg (19.29%), Vitamin B3: 3.52mg (17.58%), Vitamin B6: 0.29mg (14.31%), Phosphorus: 138.55mg (13.85%), Fiber: 3.28g (13.1%), Folate: 46.08µg (11.52%), Vitamin C: 8.73mg (10.59%), Iron: 1.7mg (9.45%), Potassium: 301.31mg (8.61%), Vitamin B2: 0.14mg (8.31%), Magnesium: 30.82mg (7.7%), Zinc: 1.05mg (6.97%), Calcium: 66.84mg (6.68%), Vitamin B5: 0.63mg (6.26%), Copper: 0.11mg (5.45%), Vitamin B12: 0.22µg (3.67%), Vitamin A: 104.29IU (2.09%), Vitamin D: 0.18µg (1.17%)