



Bacon, Spinach, and Red Onion Sandwiches with Raspberry-Chipotle Mustard

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1 ounce bread gluten-free lightly toasted
- ☐ 1 tablespoon chipotles in adobo canned chopped
- ☐ 1 tablespoon canola oil
- ☐ 1.5 tablespoons dijon mustard country-style
- ☐ 4 slices onion red thin
- ☐ 3 tablespoons strawberry jam seedless

☐ 8 slices bacon cooked

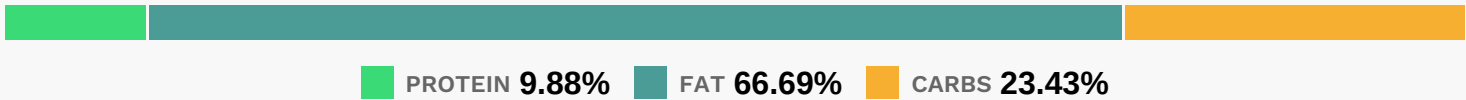
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well.
- ☐ Spread mustard mixture evenly on 4 toast slices.
- ☐ Top evenly with bacon, onion, spinach, and remaining bread slices, pressing down slightly.
- ☐ This sandwich is very easy to make and has a great combo of sweet, savory, salty, and spicy. This relish is also delicious spread on a panini sandwich with grilled, sliced chicken and cheese. Martine Giddings

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:7.78, Inflammation Score:-8, Nutrition Score:10.970434639765%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 290.52kcal (14.53%), Fat: 21.56g (33.17%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.41g (5.6%), Sugar: 8.67g (9.63%), Cholesterol: 29.04mg (9.68%), Sodium: 403.93mg (17.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin K: 75.43µg (71.84%), Vitamin A: 1427.43IU (28.55%), Selenium: 13.32µg (19.03%), Manganese: 0.27mg (13.57%), Vitamin B1: 0.18mg (12.12%), Vitamin B3: 2.33mg (11.64%), Folate: 39.83µg (9.96%), Phosphorus: 92.84mg (9.28%), Vitamin B6: 0.18mg (8.89%), Vitamin C: 6.61mg (8.01%), Vitamin E: 1.16mg (7.73%), Fiber: 1.63g (6.53%), Potassium: 221.24mg (6.32%), Iron: 1.12mg (6.25%), Magnesium: 24.74mg (6.18%), Vitamin B2: 0.1mg (5.93%), Zinc: 0.74mg (4.94%), Vitamin B12: 0.22µg (3.67%), Copper: 0.07mg (3.65%), Calcium: 35.67mg (3.57%), Vitamin B5: 0.35mg (3.49%), Vitamin D: 0.18µg (1.17%)