



WHATSheATE



Bacon-Watercress Salad



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup dates dried roughly chopped
- ☐ 1 small head endive
- ☐ 1 cup parsley leaves fresh
- ☐ 1 clove garlic coarsely chopped
- ☐ 0.3 cup hazelnuts toasted roughly chopped
- ☐ 4 servings kosher salt

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 oranges
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 medium bunch watercress

Equipment

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

Directions

- ☐ Cook the bacon in a large skillet over medium-high heat until crisp, 8 to 10 minutes.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Cut the ends off, then cut away the peel and white pith. Working over a bowl, cut along both sides of each membrane with a paring knife to remove the segments, allowing them to drop into the bowl. Discard any seeds.
- ☐ Put the garlic on a cutting board and sprinkle with 1/4 teaspoon salt, then mash into a paste with the flat side of a large knife.
- ☐ Whisk the vinegar and garlic paste in a large bowl and season with salt and pepper, then whisk in the olive oil.
- ☐ Add the watercress, parsley and escarole and toss to coat. Divide the salad among plates and crumble the bacon on top.
- ☐ Sprinkle with the oranges, hazelnuts, dates and blue cheese.
- ☐ Serve with cornbread, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts

 **PROTEIN 8.62%**  **FAT 69.92%**  **CARBS 21.46%**

Properties

Glycemic Index:76.88, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:30.736956928087%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 13.16mg, Kaempferol: 13.16mg, Kaempferol: 13.16mg, Kaempferol: 13.16mg Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 507.97kcal (25.4%), Fat: 40.93g (62.97%), Saturated Fat: 9.52g (59.49%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 19.91g (7.24%), Sugar: 17.87g (19.86%), Cholesterol: 30.22mg (10.07%), Sodium: 578.69mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Vitamin K: 534.53µg (509.08%), Vitamin C: 83.17mg (100.81%), Vitamin A: 4223.86IU (84.48%), Manganese: 1.22mg (60.99%), Folate: 230.3µg (57.58%), Vitamin E: 5.12mg (34.11%), Fiber: 8.36g (33.45%), Potassium: 884.79mg (25.28%), Vitamin B1: 0.36mg (24.04%), Calcium: 205.78mg (20.58%), Copper: 0.4mg (20.14%), Vitamin B5: 1.88mg (18.85%), Phosphorus: 187.26mg (18.73%), Iron: 2.9mg (16.1%), Magnesium: 64.29mg (16.07%), Vitamin B6: 0.3mg (14.78%), Zinc: 2.11mg (14.04%), Selenium: 9.77µg (13.96%), Vitamin B2: 0.24mg (13.88%), Vitamin B3: 2.72mg (13.6%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.19µg (1.25%)