



Bean and Bacon Salad

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 slices bacon
- 1.5 cups cabbage shredded
- 15.3 ounce kidney beans drained and rinsed canned
- 0.5 cup celery diced
- 2 tablespoons parsley fresh chopped
- 1 dash ground pepper black
- 0.5 cup mayonnaise
- 0.3 cup onion finely chopped

- 1 teaspoon salt
- 2 tablespoons vinegar
- 2 tablespoons sugar white

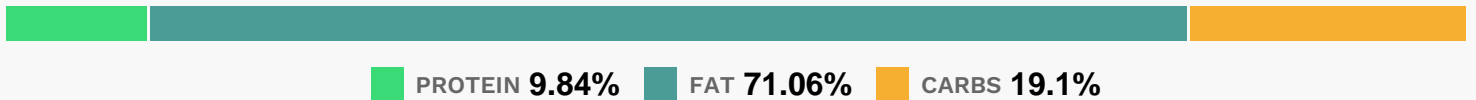
Equipment

- bowl
- frying pan
- whisk

Directions

- In a skillet over medium heat, cook the bacon until crisp.
- Drain, cool, and crumble.
- In a small bowl, whisk together the vinegar, mayonnaise, and sugar.
- In a large bowl, mix the bacon, kidney beans, cabbage, celery, parsley, and onion. Season with salt and pepper.
- Pour the vinegar dressing mixture over the salad, and toss to coat. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:64.85, Glycemic Load:6.91, Inflammation Score:-4, Nutrition Score:10.658695749615%

Flavonoids

Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 364.19kcal (18.21%), Fat: 28.84g (44.37%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 12.85g (4.67%), Sugar: 6.49g (7.22%), Cholesterol: 32.04mg (10.68%), Sodium: 944.44mg (41.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Vitamin K: 71.08µg (67.69%), Fiber: 4.59g (18.36%), Phosphorus: 143.26mg (14.33%), Manganese: 0.27mg (13.58%), Vitamin B1: 0.2mg (13.14%), Selenium: 8.78µg (12.54%), Vitamin C: 9.67mg (11.73%), Vitamin B6: 0.2mg (9.83%), Vitamin B3: 1.93mg (9.63%), Potassium: 336.16mg (9.6%), Folate: 33.94µg (8.49%), Magnesium: 30.88mg (7.72%), Iron: 1.3mg (7.22%), Copper: 0.14mg (6.89%), Zinc: 0.98mg (6.54%), Vitamin B2: 0.1mg (5.75%), Vitamin E: 0.85mg (5.64%), Vitamin B5: 0.4mg (4.04%), Calcium: 39.15mg (3.91%), Vitamin A: 193.23IU (3.86%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.18µg (1.23%)