



## Bermuda Spinach Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound bacon
- 1 teaspoon celery seed
- 0.3 cup cider vinegar
- 2.8 ounces croutons
- 6 eggs
- 0.3 cup mushrooms fresh sliced
- 0.5 teaspoon ground pepper black
- 1 tablespoon mustard dijon-style prepared

- 1 onion chopped
- 1 teaspoon salt
- 2 pounds pkt spinach rinsed chopped
- 1 cup vegetable oil
- 0.7 cup sugar white

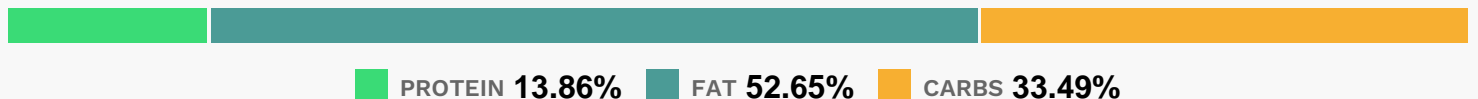
## Equipment

- bowl
- frying pan
- sauce pan
- blender

## Directions

- Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, and cool. Once cool, peel and chop.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Prepare the dressing in a blender by combining the onion, sugar, salt, oil, vinegar, pepper, celery seed and Dijon mustard. Blend until smooth.
- In a large salad bowl, combine the eggs, bacon, spinach, croutons and mushrooms. Toss to mix.
- Pour enough dressing over salad to lightly coat. Toss and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.14, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:28.302608676579%

## Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.75mg, Luteolin: 2.75mg, Luteolin: 2.75mg, Luteolin: 2.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 7.32mg, Kaempferol: 7.32mg, Kaempferol: 7.32mg, Kaempferol: 7.32mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

## **Nutrients (% of daily need)**

Calories: 354.19kcal (17.71%), Fat: 21.13g (32.51%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 26.84g (9.76%), Sugar: 17.94g (19.94%), Cholesterol: 141.47mg (47.16%), Sodium: 705.24mg (30.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Vitamin K: 558.12µg (531.54%), Vitamin A: 10824.45IU (216.49%), Folate: 251.67µg (62.92%), Manganese: 1.17mg (58.32%), Vitamin C: 33mg (39.99%), Selenium: 21.75µg (31.07%), Magnesium: 104.33mg (26.08%), Vitamin B2: 0.44mg (25.63%), Iron: 4.39mg (24.41%), Potassium: 791.77mg (22.62%), Vitamin E: 3.23mg (21.53%), Vitamin B6: 0.38mg (18.93%), Phosphorus: 183.89mg (18.39%), Vitamin B1: 0.25mg (16.93%), Calcium: 150.02mg (15%), Fiber: 3.4g (13.59%), Vitamin B3: 2.66mg (13.3%), Copper: 0.22mg (11.13%), Zinc: 1.52mg (10.16%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.44µg (7.28%), Vitamin D: 0.78µg (5.2%)