



Bibb and Radish Salad with Bacon Dressing

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 heads bibb lettuce washed and dried cut in 1/2,
- 1 tablespoon dijon mustard
- 6 servings kosher salt
- 8 radishes washed and dried trimmed
- 3 tablespoons red wine vinegar
- 2 shallots peeled
- 6 ounces bacon trimmed cut into thin, bite-size pieces 1/2 cup water

Equipment

- bowl
- frying pan
- knife
- cutting board

Directions

- Watch how to make this recipe.
- This is a simple combination of ingredients that I find refreshing. When I was growing up, my father would always serve a huge salad and say "You always need a few leaves to feel good". It is his salads that I carried with me throughout my career as a chef and mother.;
- Cook's Note: For optimum results, chill the lettuce and radishes before tossing and serving. This salad is so refreshing when eaten cold!
- In a large skillet, over medium heat, add the bacon and 1/2 cup water. Bring the water to a boil and reduce until it evaporates. The bacon will start to render its fat and brown. Lower the heat and allow to cook at a slow, steady pace. When the bacon is crispy and light brown, drain the fat into a medium-size bowl and set the bacon aside.
- Put the shallots on a flat surface and cut them into thin rounds.
- Transfer to a large salad bowl and season them with salt, to taste.
- Add the red wine vinegar and mustard and stir to blend. Stir in the bacon fat, tasting as you go. Start with about 1/4 cup of the fat and taste as you add the rest. There should be a good balance between the bacon flavor and the acidity of the red wine vinegar. Set aside.
- Put the radishes on a cutting board and, using a small, sharp knife, slice them into 1/4-inch rounds (with the bit of the tops still attached).
- Add them to a small bowl and stir in the mustard.
- Add the Bibb lettuce to the bowl with the bacon dressing. Toss to blend. Taste for seasoning, then stir in the radishes and the cooked bacon.
- Serve immediately.

Nutrition Facts

 PROTEIN **52.02%**  FAT **22.65%**  CARBS **25.33%**

Properties

Glycemic Index:15.67, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:9.374347852624%

Flavonoids

Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 53.85kcal (2.69%), Fat: 1.41g (2.17%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 796.04mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin K: 83.55µg (79.57%), Vitamin A: 2701.76IU (54.04%), Folate: 63.84µg (15.96%), Manganese: 0.19mg (9.41%), Potassium: 240.95mg (6.88%), Iron: 1.2mg (6.69%), Vitamin C: 4.52mg (5.48%), Fiber: 1.36g (5.42%), Vitamin B6: 0.1mg (5.05%), Vitamin B1: 0.06mg (3.79%), Phosphorus: 36.26mg (3.63%), Magnesium: 14.38mg (3.6%), Calcium: 35.09mg (3.51%), Vitamin B2: 0.06mg (3.29%), Selenium: 1.47µg (2.1%), Vitamin B3: 0.34mg (1.68%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.29%), Vitamin E: 0.16mg (1.06%)