



Blue Cheese-Date Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz baby spinach leaves rinsed
- ☐ 6 slices bacon cut in half crosswise ()
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 12 medjool dates ()
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 0.8 cup oregon blue crumbled

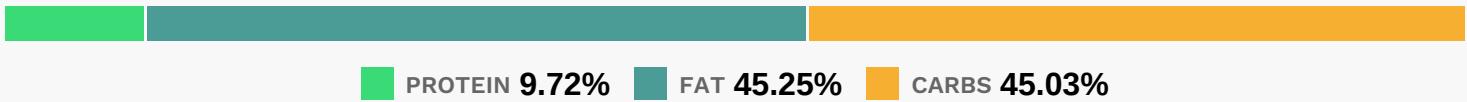
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Slit dates lengthwise down 1 side and remove pits. Squeeze dates from ends to open slits, and fill equally with blue cheese. Press dates to close around cheese. Wrap a piece of bacon around each date, securing with a toothpick.
- ☐ Place dates in a 10- by 15-inch pan.
- ☐ Bake in a 450 oven until bacon is well browned, about 10 minutes (about 6 minutes in a convection oven); after about 4 minutes, use a wide spatula to ease dates loose from pan and turn over.
- ☐ Meanwhile, in a bowl, combine oil and vinegar.
- ☐ Add spinach and mix gently, seasoning to taste with salt and pepper.
- ☐ Spoon spinach mixture onto plates.
- ☐ Remove toothpicks from dates and set an equal number on each salad.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:24.733478224796%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 491.13kcal (24.56%), Fat: 25.94g (39.91%), Saturated Fat: 9.88g (61.76%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 52g (18.91%), Sugar: 49.12g (54.58%), Cholesterol: 40.76mg (13.59%), Sodium: 750.34mg

(32.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.07%), Vitamin K: 279.57µg (266.26%), Vitamin A: 5629.29IU (112.59%), Manganese: 0.74mg (36.8%), Folate: 129.91µg (32.48%), Potassium: 954.45mg (27.27%), Fiber: 6.07g (24.29%), Calcium: 239.3mg (23.93%), Magnesium: 94.18mg (23.54%), Phosphorus: 219.04mg (21.9%), Vitamin B6: 0.42mg (20.98%), Vitamin C: 15.93mg (19.31%), Copper: 0.36mg (18%), Vitamin B2: 0.27mg (16.1%), Vitamin B3: 3.16mg (15.78%), Selenium: 10.87µg (15.53%), Vitamin E: 2.11mg (14.08%), Iron: 2.47mg (13.74%), Vitamin B5: 1.24mg (12.37%), Vitamin B1: 0.18mg (11.91%), Zinc: 1.69mg (11.24%), Vitamin B12: 0.47µg (7.9%), Vitamin D: 0.26µg (1.72%)