



Charred Corn, Bacon and Berry Summer Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula leaves fresh
- ☐ 4 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups blueberries fresh
- ☐ 2 ears corn
- ☐ 0.5 cup feta cheese
- ☐ 0.5 cup glazed pecans
- ☐ 4 tablespoons honey

- ☐ 1 teaspoon kosher salt
- ☐ 1 cup olive oil
- ☐ 4 tablespoons spicy brown mustard
- ☐ 2 cups strawberries fresh sliced

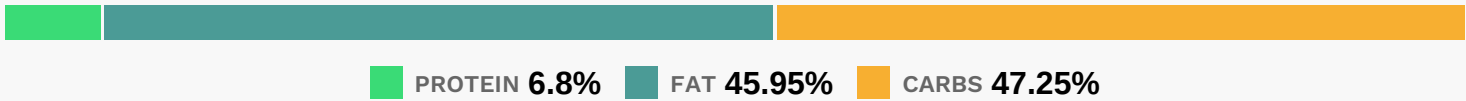
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ In a large salad bowl, layer the arugula leaves, strawberries, blueberries, charred corn, feta cheese and glazed pecans.To prepare dressing, place olive oil, vinegar, mustard, honey, salt and pepper into a mason jar. Close with lid and shake for a minute, or until emulsified.
- ☐ Drizzle desired amount of dressing over salad and serve.

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:15.25, Inflammation Score:-8, Nutrition Score:18.362173764602%

Flavonoids

Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg, Cyanidin: 5.9mg Petunidin: 17.58mg, Petunidin: 17.58mg, Petunidin: 17.58mg, Petunidin: 17.58mg Delphinidin: 19.89mg, Delphinidin: 19.89mg, Delphinidin: 19.89mg, Delphinidin: 19.89mg Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 11.3mg, Peonidin: 11.3mg, Peonidin: 11.3mg, Peonidin: 11.3mg Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg

Kaempferol: 15.24mg, Kaempferol: 15.24mg, Kaempferol: 15.24mg, Kaempferol: 15.24mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 411.27kcal (20.56%), Fat: 22.12g (34.03%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 45.6g (16.58%), Sugar: 37.53g (41.7%), Cholesterol: 16.69mg (5.56%), Sodium: 1038.75mg (45.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Vitamin C: 56.94mg (69.02%), Vitamin K: 63.5µg (60.48%), Manganese: 0.81mg (40.25%), Vitamin A: 1163.1IU (23.26%), Fiber: 5.56g (22.25%), Folate: 85.82µg (21.46%), Calcium: 198.59mg (19.86%), Phosphorus: 168.45mg (16.85%), Vitamin B2: 0.27mg (16.14%), Vitamin E: 2.37mg (15.82%), Magnesium: 61.69mg (15.42%), Potassium: 488.51mg (13.96%), Selenium: 8.83µg (12.61%), Vitamin B1: 0.18mg (12.18%), Iron: 2.1mg (11.66%), Vitamin B6: 0.23mg (11.47%), Vitamin B5: 0.9mg (9%), Vitamin B3: 1.73mg (8.63%), Zinc: 1.28mg (8.56%), Copper: 0.15mg (7.67%), Vitamin B12: 0.32µg (5.28%)