



Cherry and Bacon Spinach Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces baby spinach
- ☐ 2 tablespoons champagne vinegar
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 ounces aged manchego cheese shaved
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 ounces rainier cherries pitted
- ☐ 8 ounces bacon thick-cut cut into 1-in. pieces

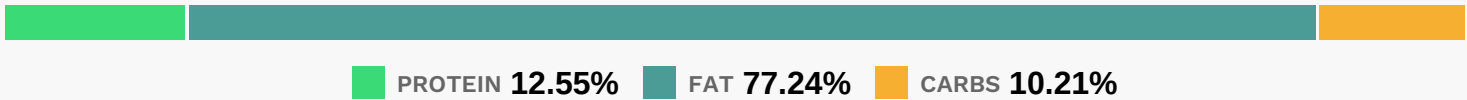
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large frying pan over medium heat, stirring often, until crisp, about 10 minutes.
- ☐ Drain on paper towels and reserve bacon grease.
- ☐ Put spinach, cherries, vinegar, oil, salt, and 2 tbsp. reserved bacon fat in a serving bowl; toss to coat.
- ☐ Sprinkle with bacon pieces and top with cheese.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:20.018695675808%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 409.31kcal (20.47%), Fat: 34.79g (53.52%), Saturated Fat: 12.08g (75.53%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6.59g (7.32%), Cholesterol: 52.59mg (17.53%), Sodium: 797.61mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin K: 278.07µg (264.83%), Vitamin A: 5415.61IU (108.31%), Folate: 110µg (27.5%), Vitamin C: 21.64mg (26.23%), Manganese: 0.52mg (25.95%), Calcium: 212.47mg (21.25%), Selenium: 11.96µg (17.09%), Vitamin E: 2.4mg (16.02%), Vitamin B3: 2.69mg (13.45%), Vitamin B1: 0.2mg (13.38%), Vitamin B6: 0.26mg (13.07%), Magnesium: 51.9mg (12.98%), Potassium: 432.27mg (12.35%), Phosphorus: 110.03mg (11%), Iron: 1.84mg (10.25%), Fiber: 2.44g (9.75%), Vitamin B2: 0.15mg (9.01%), Zinc: 0.97mg (6.48%), Copper: 0.1mg (4.92%), Vitamin B12: 0.28µg (4.72%), Vitamin B5: 0.35mg (3.52%), Vitamin D: 0.23µg (1.51%)