



Crisp Winter Lettuces with Warm Sweet-and-Sharp Dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



194 kcal

Ingredients

- ☐ 1 large bunch arugula
- ☐ 0.5 pound bacon
- ☐ 2 tablespoons chives finely chopped
- ☐ 1.5 cups cider vinegar
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup brown sugar light packed
- ☐ 12 cups salad greens such as romaine mixed

☐ 6 scallions thinly sliced

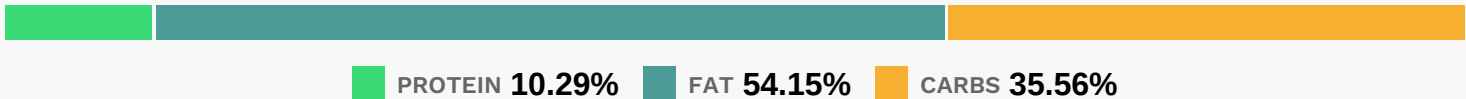
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Tear greens into large pieces and put in a large salad bowl with arugula, scallions, and chives.
- ☐ Cook bacon in a 12-inch nonreactive skillet over medium heat until crisp.
- ☐ Transfer bacon to paper towels to drain, then stir vinegar, sugars, salt, and 1/2 teaspoon pepper into fat in skillet. Boil, stirring occasionally, until reduced to about 3/4 cup, 10 to 12 minutes. (Dressing should be syrupy and bubbling.)
- ☐ Crumble bacon over salad, then toss with enough warm dressing to lightly coat. Season with salt and pepper.
- ☐ The vinegar, sugars, and seasoning (without bacon fat) can be boiled to reduce (by half) 2 days ahead.
- ☐ Add to hot bacon fat, then bring to a boil just before making salad.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:8.1434783261755%

Flavonoids

Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 194.05kcal (9.7%), Fat: 11.43g (17.58%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 16.41g (5.97%), Sugar: 13.6g (15.11%), Cholesterol: 18.71mg (6.24%), Sodium: 648.81mg (28.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin K: 35.62µg (33.93%), Vitamin A: 1149.65IU (22.99%), Vitamin C: 18.17mg (22.02%), Manganese: 0.27mg (13.56%), Folate: 42.52µg (10.63%), Selenium: 6.21µg (8.87%), Potassium: 280.59mg (8.02%), Phosphorus: 79.19mg (7.92%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.11mg (7.2%), Vitamin B6: 0.14mg (7.15%), Iron: 0.99mg (5.51%), Magnesium: 21.63mg (5.41%), Calcium: 48.16mg (4.82%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.59mg (3.92%), Copper: 0.07mg (3.44%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.14µg (2.36%), Fiber: 0.48g (1.91%), Vitamin E: 0.23mg (1.56%)