



Dandelion Salad with Warm Bacon Dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 slices bacon
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1 lb tender dandelion greens
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons shallots finely chopped

Equipment

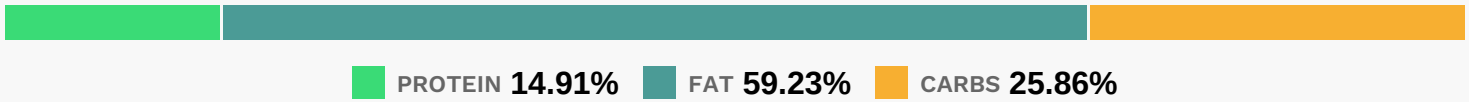
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Cut greens into 1 1/2-inch lengths and transfer to a large bowl.
- ☐ Cook bacon in a large heavy skillet until golden and crisp, then transfer to a cutting board, reserving fat in skillet. Finely chop bacon.
- ☐ Whisk together shallot, vinegar, salt, and pepper in a small bowl, then whisk in 3 tablespoons hot bacon fat. Toss greens with enough warm dressing to coat and sprinkle with bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:17.339130577834%

Nutrients (% of daily need)

Calories: 113.16kcal (5.66%), Fat: 7.81g (12.01%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.75g (0.83%), Cholesterol: 12.1mg (4.03%), Sodium: 276.21mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin K: 588.25µg (560.23%), Vitamin A: 7688.7IU (153.77%), Vitamin C: 26.66mg (32.31%), Vitamin E: 2.68mg (17.87%), Calcium: 143.72mg (14.37%), Manganese: 0.28mg (14.14%), Iron: 2.46mg (13.67%), Vitamin B1: 0.2mg (13.05%), Vitamin B2: 0.21mg (12.47%), Vitamin B6: 0.25mg (12.36%), Fiber: 2.74g (10.95%), Potassium: 348.09mg (9.95%), Phosphorus: 78.16mg (7.82%), Magnesium: 30.2mg (7.55%), Copper: 0.14mg (7.01%), Vitamin B3: 1.35mg (6.76%), Selenium: 4.1µg (5.86%), Folate: 21.27µg (5.32%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.09µg (1.53%)