

What She Ate

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HEALTH SCORE

Easy and Awesome Spinach Salad

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

1

CALORIES

calories

1639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon to taste
- ☐ 2 hard-cooked eggs chopped
- ☐ 0.3 cup catsup
- ☐ 1 small onion red finely chopped
- ☐ 16 ounce pkt spinach fresh
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar
- ☐ 0.5 cup sugar white

☐ 2 teaspoons worcestershire sauce

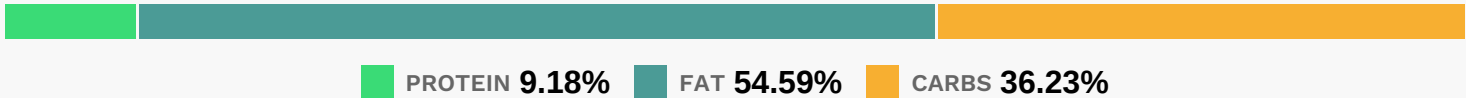
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Place the bacon into a skillet over medium heat, and cook until browned and crisp, turning often, about 10 minutes.
- ☐ Transfer the bacon to paper towels to absorb excess grease. Crumble the bacon when cool.
- ☐ Place the spinach into a large salad bowl, and sprinkle with the bacon, hard-cooked eggs, and onion. Gently toss the salad.
- ☐ In a bowl, whisk together the sugar, ketchup, vegetable oil, vinegar, and Worcestershire sauce until the sugar has dissolved.
- ☐ Pour the dressing over the salad, and toss thoroughly to combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:179.09, Glycemic Load:74.17, Inflammation Score:-10, Nutrition Score:66.040869837222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 29.66mg, Kaempferol: 29.66mg, Kaempferol: 29.66mg, Kaempferol: 29.66mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 41.03mg, Quercetin: 41.03mg, Quercetin: 41.03mg, Quercetin: 41.03mg

Nutrients (% of daily need)

Calories: 1638.58kcal (81.93%), Fat: 102.32g (157.41%), Saturated Fat: 23.62g (147.64%), Carbohydrates: 152.84g (50.95%), Net Carbohydrates: 140.75g (51.18%), Sugar: 125.75g (139.73%), Cholesterol: 431.08mg (143.69%), Sodium: 1953.17mg (84.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Vitamin K: 2294.34µg (2185.08%), Vitamin A: 43508IU (870.16%), Folate: 953.03µg (238.26%), Manganese: 4.36mg (218.23%), Vitamin C: 140.44mg (170.23%), Vitamin E: 16.27mg (108.49%), Magnesium: 402.5mg (100.62%), Vitamin B2: 1.64mg (96.39%), Potassium: 3315.96mg (94.74%), Iron: 15.07mg (83.72%), Selenium: 55.11µg (78.73%), Vitamin B6: 1.5mg (74.9%), Phosphorus: 583.43mg (58.34%), Calcium: 558.42mg (55.84%), Vitamin B1: 0.73mg (48.7%), Fiber: 12.09g (48.36%), Vitamin B3: 8.24mg (41.21%), Copper: 0.79mg (39.27%), Zinc: 4.85mg (32.36%), Vitamin B12: 1.55µg (25.83%), Vitamin B5: 2.35mg (23.54%), Vitamin D: 2.55µg (17.01%)