



Escarole with Bacon, Dates, and Warm Walnut Vinaigrette



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

Ingredients

- ☐ 5 bacon
- ☐ 7 ounce endive
- ☐ 6 medjool dates diced pitted halved
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings sea salt fine
- ☐ 1 large shallots chopped

☐ 0.5 cup walnut pieces toasted

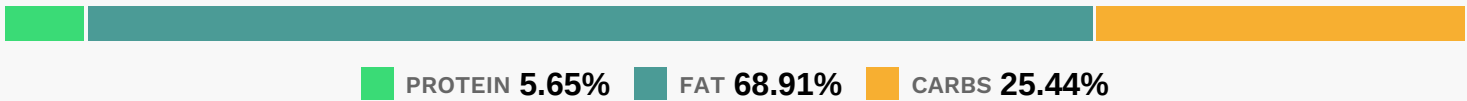
Equipment

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

Directions

- ☐ Combine escarole, dates, and walnuts in large bowl. Cook bacon in medium skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Add bacon to bowl with salad.
- ☐ Discard drippings from skillet; add walnut oil.
- ☐ Place over low heat.
- ☐ Add shallot; sauté until soft, about 3 minutes.
- ☐ Remove skillet from heat; add vinegar and whisk to blend. Season vinaigrette with sea salt and black pepper. Gradually add warm dressing to salad, tossing to coat. Divide among plates.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:16.786956517593%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg, Kaempferol: 5.01mg

Nutrients (% of daily need)

Calories: 483.52kcal (24.18%), Fat: 38.61g (59.4%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 26.95g (9.8%), Sugar: 24.93g (27.7%), Cholesterol: 18.15mg (6.05%), Sodium: 389.12mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Vitamin K: 126.86µg (120.82%), Manganese: 0.84mg (41.97%), Folate: 92.31µg (23.08%), Vitamin A: 1142.07IU (22.84%), Copper: 0.43mg (21.5%), Fiber: 5.13g (20.52%), Vitamin E: 3.03mg (20.22%), Potassium: 549.31mg (15.69%), Magnesium: 54.91mg (13.73%), Vitamin B6: 0.27mg (13.64%), Phosphorus: 130.76mg (13.08%), Vitamin B1: 0.19mg (12.48%), Vitamin B3: 2.06mg (10.3%), Vitamin B5: 0.99mg (9.9%), Selenium: 6.42µg (9.17%), Zinc: 1.35mg (9.03%), Iron: 1.49mg (8.25%), Calcium: 67.61mg (6.76%), Vitamin B2: 0.1mg (6.13%), Vitamin C: 3.95mg (4.79%), Vitamin B12: 0.14µg (2.29%)