



Fennel and Spinach Salad with Shrimp and Balsamic Vinaigrette



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounce baby spinach fresh
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups fennel bulb thinly sliced (1 medium bulb)
- ☐ 1 cup grape tomatoes halved
- ☐ 1 pound shrimp deveined peeled

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 3 slices bacon

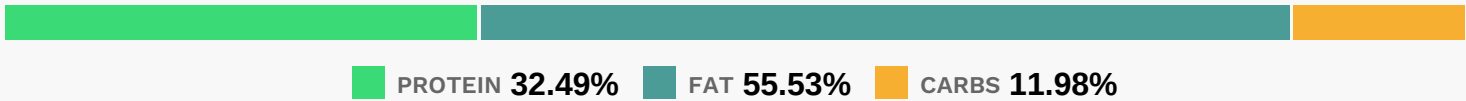
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bacon in a skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving drippings, and crumble.
- ☐ Add the shrimp to pan, and cook 2 minutes, turning once.
- ☐ Combine bacon, 2 cups fennel, grape tomatoes, red onion, and baby spinach in a bowl.
- ☐ Combine the remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Add the shrimp and balsamic mixture to spinach mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:25.468260682147%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin:

6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 352.86kcal (17.64%), Fat: 22.28g (34.27%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.82g (5.35%), Cholesterol: 200.39mg (66.8%), Sodium: 550.21mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.65%), Vitamin K: 345.01µg (328.58%), Vitamin A: 6362IU (127.24%), Manganese: 0.81mg (40.26%), Folate: 146.69µg (36.67%), Vitamin C: 30.13mg (36.52%), Phosphorus: 354.6mg (35.46%), Copper: 0.6mg (30.21%), Potassium: 1031.18mg (29.46%), Magnesium: 109.16mg (27.29%), Vitamin E: 3.39mg (22.59%), Calcium: 171.18mg (17.12%), Iron: 3.07mg (17.06%), Zinc: 2.39mg (15.96%), Fiber: 3.78g (15.14%), Vitamin B6: 0.29mg (14.45%), Vitamin B1: 0.16mg (10.47%), Vitamin B3: 2.09mg (10.45%), Vitamin B2: 0.17mg (10.05%), Selenium: 6.96µg (9.94%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.14µg (2.25%)