

Florentine Salad

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 slices bacon crumbled cooked
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup spring onion chopped (16 medium)
- ☐ 6 hardboiled eggs chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 lb pkt spinach fresh

- ☐ 2 tablespoons sugar
- ☐ 0.5 cup vegetable oil

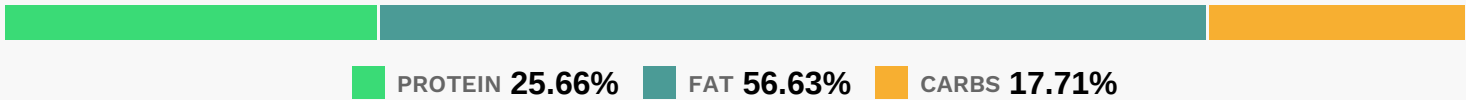
Equipment

- ☐ bowl

Directions

- ☐ In tightly covered container, shake all dressing ingredients until well blended. Refrigerate at least 1 hour to blend flavors.
- ☐ In extra-large bowl, toss spinach, onions, bacon and dressing until leaves are well coated.
- ☐ Sprinkle with eggs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:11.850869614145%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 59.2kcal (2.96%), Fat: 3.76g (5.79%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.36g (1.51%), Cholesterol: 50.58mg (16.86%), Sodium: 154.67mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 147.3µg (140.29%), Vitamin A: 2766.49IU (55.33%), Folate: 63.18µg (15.79%), Manganese: 0.27mg (13.72%), Vitamin C: 8.85mg (10.73%), Selenium: 6.23µg (8.9%), Vitamin B2: 0.13mg (7.7%), Magnesium: 26.02mg (6.5%), Potassium: 208.65mg (5.96%), Iron: 1.05mg (5.81%), Vitamin E: 0.82mg (5.46%), Phosphorus: 53.27mg (5.33%), Vitamin B6: 0.1mg (4.88%), Calcium: 38.64mg (3.86%), Vitamin B1: 0.06mg (3.71%), Vitamin B3: 0.66mg (3.29%), Vitamin B12: 0.18µg (3.04%), Fiber: 0.74g (2.97%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.24mg (2.43%), Copper: 0.05mg (2.39%), Vitamin D: 0.29µg (1.94%)