



Fresh Spinach and Tarragon Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 slices bacon
- 0.5 teaspoon tarragon dried
- 2 eggs
- 0.3 teaspoon ground pepper black
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 bunch pkt spinach rinsed
- 0.5 cup vegetable oil

1 teaspoon sugar white

Equipment

frying pan

sauce pan

whisk

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.

Remove from hot water, and cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain, crumble and set aside.

Combine the spinach, egg and bacon.

Whisk together the oil, vinegar, sugar, salt, tarragon and pepper.

Pour enough dressing over salad to coat; toss and serve.

Nutrition Facts

 **PROTEIN 15.65%**  **FAT 75.73%**  **CARBS 8.62%**

Properties

Glycemic Index:51.02, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:22.173043624215%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 220.19kcal (11.01%), Fat: 18.81g (28.94%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.44g (1.6%), Cholesterol: 99.99mg (33.33%), Sodium: 571.91mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Vitamin K: 420.84µg (400.8%), Vitamin A: 8110.61IU (162.21%), Folate: 175.95µg (43.99%), Manganese: 0.81mg (40.59%), Vitamin C: 24.05mg (29.15%),

Selenium: 13.16µg (18.79%), Magnesium: 74.48mg (18.62%), Vitamin B2: 0.29mg (16.9%), Vitamin E: 2.52mg (16.81%), Potassium: 571.33mg (16.32%), Iron: 2.93mg (16.29%), Vitamin B6: 0.28mg (14.13%), Phosphorus: 126.39mg (12.64%), Calcium: 101.89mg (10.19%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.76mg (8.81%), Fiber: 1.92g (7.68%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (7.11%), Vitamin B12: 0.33µg (5.55%), Vitamin B5: 0.55mg (5.47%), Vitamin D: 0.55µg (3.67%)