



Frisée, Apple and Bacon Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 strips bacon
- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 2 small heads frisée lettuce
- ☐ 2 teaspoons honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1 sweet-tart apple such as gala, cored and cut into matchsticks

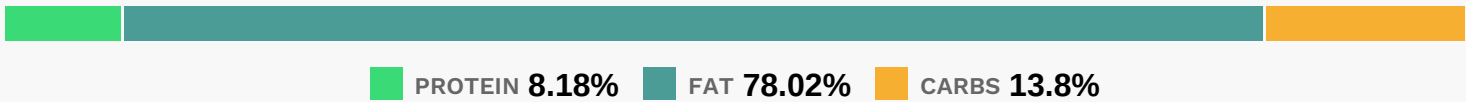
Equipment

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

Directions

- ☐ Cook bacon in a large skillet over medium-high heat until crisp, 5to 10minutes.
- ☐ Remove to a paper towel-lined plate. When bacon has cooled, crumble into a bowl. In a large salad bowl, toss frise, apple, bacon and blue cheese.
- ☐ In a small bowl, whisk together honey, Dijon, salt, pepper and vinegar. Slowly drizzle in oil, whisking constantly, until oil has been incorporated and dressing is emulsified.
- ☐ Pour dressing over salad and toss to coat. Season with additional salt, if desired.

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:3.29, Inflammation Score:-2, Nutrition Score:4.8708695639735%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 284.63kcal (14.23%), Fat: 25.02g (38.49%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.75g (3.18%), Sugar: 7.71g (8.57%), Cholesterol: 23.55mg (7.85%), Sodium: 609.44mg (26.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin E: 2.16mg (14.37%), Vitamin K: 11.24µg (10.71%), Phosphorus: 96.59mg (9.66%), Calcium: 95.47mg (9.55%), Selenium: 6.22µg (8.89%), Vitamin B2: 0.09mg (5.44%), Fiber: 1.2g (4.82%), Vitamin B12: 0.29µg (4.81%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.68mg (4.56%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.42mg (4.25%), Vitamin B1: 0.06mg (4.06%), Potassium: 135.13mg (3.86%), Vitamin A: 189.59IU (3.79%), Vitamin C: 2.27mg (2.76%), Manganese: 0.05mg (2.48%), Magnesium: 9.48mg (2.37%), Folate: 8.17µg (2.04%), Iron: 0.34mg (1.88%), Copper: 0.03mg (1.61%)