



Frisée Salad with Bacon, Dates, and Red Onion

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 0.5 cup dates pitted chopped
- ☐ 4 cups frisée
- ☐ 2.5 ounces goat cheese fresh crumbled soft ()
- ☐ 4 teaspoons honey divided
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion red thinly sliced

- ☐ 2 tablespoons sherry wine vinegar
- ☐ 0.3 cup walnut halves

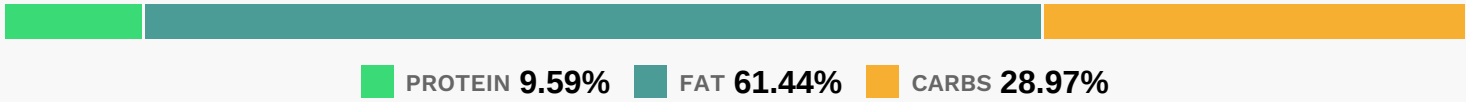
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in heavy small skillet over medium heat until crisp. Using slotted spoon, transfer to plate. Reserve 1 tablespoon bacon drippings in skillet.
- ☐ Add olive oil, 3 teaspoons honey, dates, and onion to skillet. Stir in vinegar. Season dressing with salt and pepper.
- ☐ Place frisée in medium bowl; add dressing and toss. Divide salad between 2 plates.
- ☐ Sprinkle with cheese and nuts.

Nutrition Facts



Properties

Glycemic Index:75.64, Glycemic Load:19.92, Inflammation Score:-10, Nutrition Score:30.166521709898%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg

Nutrients (% of daily need)

Calories: 670.5kcal (33.52%), Fat: 47.77g (73.48%), Saturated Fat: 12.78g (79.88%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 41.71g (15.17%), Sugar: 38.01g (42.24%), Cholesterol: 38.08mg (12.69%), Sodium: 398.63mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.56%), Vitamin K: 308.34µg (293.66%), Vitamin A: 6103.65IU (122.07%), Manganese: 1.3mg (64.99%), Copper: 0.98mg (48.81%), Folate:

148.22µg (37.06%), Fiber: 8.95g (35.82%), Vitamin C: 27.51mg (33.34%), Vitamin E: 4.64mg (30.96%), Phosphorus: 288.85mg (28.89%), Potassium: 893.3mg (25.52%), Vitamin B6: 0.5mg (24.9%), Magnesium: 91.12mg (22.78%), Vitamin B5: 1.97mg (19.69%), Calcium: 195.78mg (19.58%), Vitamin B2: 0.33mg (19.47%), Vitamin B1: 0.28mg (18.66%), Iron: 2.94mg (16.33%), Selenium: 10.3µg (14.71%), Vitamin B3: 2.73mg (13.64%), Zinc: 1.95mg (12.99%), Vitamin B12: 0.23µg (3.87%), Vitamin D: 0.27µg (1.82%)