



## Gina's Spinach Salad with Spiced Pecans

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 teaspoon ancho chili powder
- ☐ 5 ounce pre-washed baby spinach
- ☐ 4 slices bacon crisp cut into 1/4-inch pieces, fried
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon kosher salt
- ☐ 5 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 1 cup pecan halves
- ☐ 5 servings freshly cracked pepper black
- ☐ 1 small shallots minced
- ☐ 0.5 teaspoon paprika smoked
- ☐ 1 pinch sugar
- ☐ 2 tablespoons butter unsalted

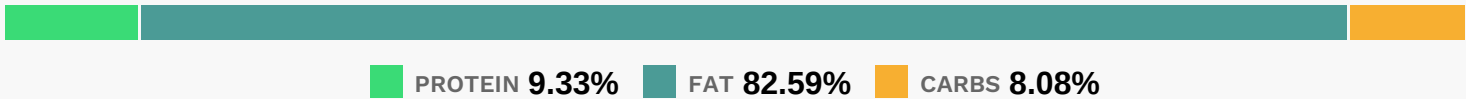
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Watch how to make this recipe.
- ☐ Pecans: Melt the butter in a large skillet over medium-low heat. Stir in all the spices and the pecans. Stir and toast the pecans for about 5 minutes.
- ☐ Transfer them to a plate to cool.
- ☐ Whisk together the Dijon mustard, shallots, and balsamic vinegar in a small bowl.
- ☐ Drizzle in the olive oil in a continuous stream, whisking to emulsify. Season with a pinch of sugar, and salt and pepper, to taste.
- ☐ Add the spinach to a large serving bowl. Toss the greens with the prepared dressing, the bacon, blue cheese, cherry tomatoes and spiced pecans.

## Nutrition Facts



## Properties

Glycemic Index:67.02, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:20.928695575051%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 433.54kcal (21.68%), Fat: 41.04g (63.14%), Saturated Fat: 11.89g (74.31%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.88g (4.31%), Cholesterol: 40.67mg (13.56%), Sodium: 900.76mg (39.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.85%), Vitamin K: 145.44µg (138.51%), Vitamin A: 3357.01IU (67.14%), Manganese: 1.26mg (62.98%), Phosphorus: 201.67mg (20.17%), Vitamin C: 15.41mg (18.67%), Folate: 73.66µg (18.42%), Vitamin E: 2.72mg (18.13%), Calcium: 177.78mg (17.78%), Copper: 0.33mg (16.64%), Magnesium: 61.68mg (15.42%), Vitamin B1: 0.23mg (15.26%), Zinc: 1.98mg (13.23%), Fiber: 3.26g (13.04%), Potassium: 447.82mg (12.79%), Selenium: 8.92µg (12.75%), Vitamin B6: 0.24mg (11.89%), Vitamin B2: 0.2mg (11.66%), Iron: 2.09mg (11.62%), Vitamin B3: 1.64mg (8.18%), Vitamin B5: 0.76mg (7.56%), Vitamin B12: 0.37µg (6.24%), Vitamin D: 0.27µg (1.79%)