



Harvest Salad with Bacon Vinaigrette

 Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon
- ☐ 1 teaspoon dijon mustard
- ☐ 4 cups endive sliced
- ☐ 4 ounces gorgonzola crumbled
- ☐ 2 teaspoons honey
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 pears cored ripe halved thinly sliced
- ☐ 4 cups radicchio thinly shredded

- ☐ 5 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 1 shallots minced

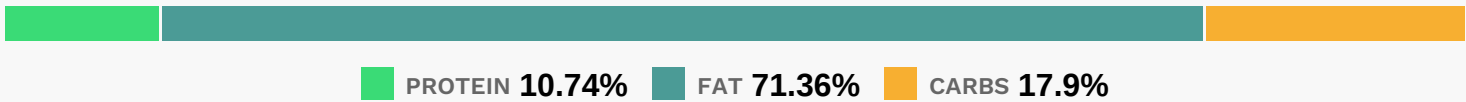
Equipment

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

Directions

- ☐ Make vinaigrette: In a large skillet over medium heat, cook bacon until crisp.
- ☐ Remove with a slotted spoon to a paper towel-lined plate to drain. Discard all but 2 Tbsp. bacon fat. When bacon is cool enough to handle, crumble.
- ☐ Just before serving, reheat bacon fat over medium-low heat.
- ☐ Add shallot and cook, stirring, until soft, 2 to 3 minutes.
- ☐ Pour into a bowl and vigorously whisk in olive oil, vinegar, honey and mustard. Season with salt and pepper.
- ☐ Make salad: In a large serving bowl, toss together endive, radicchio, pears and crumbled bacon.
- ☐ Add dressing and toss lightly.
- ☐ Sprinkle with cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:11.465217424476%

Flavonoids

Cyanidin: 26.31mg, Cyanidin: 26.31mg, Cyanidin: 26.31mg, Cyanidin: 26.31mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.6mg, Luteolin: 7.6mg, Luteolin: 7.6mg, Luteolin: 7.6mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 245.39kcal (12.27%), Fat: 19.74g (30.36%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.28g (6.98%), Cholesterol: 25.15mg (8.38%), Sodium: 520.99mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin K: 115.15µg (109.66%), Folate: 56.86µg (14.21%), Vitamin A: 675.14IU (13.5%), Vitamin E: 1.72mg (11.47%), Phosphorus: 110.25mg (11.02%), Selenium: 7.02µg (10.02%), Calcium: 99.15mg (9.92%), Fiber: 2.46g (9.86%), Manganese: 0.18mg (8.78%), Potassium: 286.42mg (8.18%), Copper: 0.15mg (7.46%), Zinc: 1.03mg (6.84%), Vitamin B5: 0.68mg (6.8%), Vitamin C: 5.45mg (6.6%), Vitamin B2: 0.11mg (6.45%), Vitamin B1: 0.1mg (6.43%), Vitamin B3: 1.26mg (6.32%), Vitamin B6: 0.12mg (6.15%), Vitamin B12: 0.28µg (4.72%), Magnesium: 16.74mg (4.18%), Iron: 0.67mg (3.73%), Vitamin D: 0.16µg (1.06%)