



Heirloom Tomato and Goat Cheese Salad with Bacon Dressing

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups bagged baby spinach leaves
- 0.5 cup bacon dressing
- 4 ounce goat cheese sliced
- 2 heirloom tomatoes sliced
- 0.5 cup onion vertically sliced

Equipment

Directions

- Arrange layers of tomato slices and next 3 ingredients evenly on each of 4 serving plates.
- Drizzle salads evenly with Bacon Dressing.
- Choice Ingredient
- We recommend using heirloom tomatoes, which are grown from the seeds of old-fashioned varieties, because of their full-bodied flavor and dazzling palette of colors. They vary from red to yellow and from green to purplish black. Look for them at farmers' markets during the summer months.

Nutrition Facts

 **PROTEIN 18.27%**  **FAT 72.41%**  **CARBS 9.32%**

Properties

Glycemic Index:24.25, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:12.896521910377%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 220.68kcal (11.03%), Fat: 17.92g (27.56%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 3.78g (1.37%), Sugar: 2.78g (3.09%), Cholesterol: 32.56mg (10.85%), Sodium: 315.83mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Vitamin K: 77.9µg (74.19%), Vitamin A: 2223.04IU (44.46%), Vitamin C: 14.12mg (17.12%), Phosphorus: 143.07mg (14.31%), Copper: 0.28mg (14.18%), Manganese: 0.26mg (13.1%), Vitamin B6: 0.25mg (12.6%), Folate: 45.53µg (11.38%), Vitamin B2: 0.18mg (10.42%), Selenium: 6.99µg (9.98%), Vitamin B1: 0.15mg (9.67%), Potassium: 324.58mg (9.27%), Vitamin B3: 1.81mg (9.04%), Magnesium: 28.7mg (7.17%), Iron: 1.27mg (7.08%), Calcium: 66.77mg (6.68%), Fiber: 1.41g (5.63%), Zinc: 0.83mg (5.52%), Vitamin E: 0.82mg (5.46%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.23µg (1.54%)