



Hot Plum and Spinach Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb baby spinach leaves rinsed drained
- ☐ 4 teaspoons dijon mustard coarse-grain
- ☐ 2 firm-ripe red-skin plums
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 lb bacon thick-cut

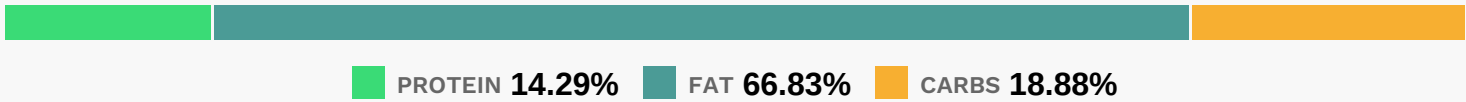
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut bacon crosswise into 1/4-inch pieces. In a 10- to 12-inch frying pan, stir bacon frequently until browned, 4 to 5 minutes. With a slotted spoon, transfer bacon to drain on towels. Reserve 2 tablespoons drippings in pan.
- ☐ Put spinach in a large bowl. Rinse and pit plums and cut into 1/2-inch-thick slices.
- ☐ Set pan with drippings over high heat.
- ☐ Add mustard, vinegar, and sugar; stir, then add plums.
- ☐ Heat until boiling, about 1 minute; turn plums over once.
- ☐ Pour hot plum mixture over spinach.
- ☐ Mix and lift with salad fork and spoon.
- ☐ Sprinkle with bacon and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:17.800000004146%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 154.76kcal (7.74%), Fat: 11.74g (18.06%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.58g (5.09%), Cholesterol: 18.71mg (6.24%), Sodium: 481.87mg (20.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin K: 276.04µg (262.9%), Vitamin A: 5444.56IU (108.89%), Folate: 112µg (28%), Manganese: 0.55mg (27.69%), Vitamin C: 19.12mg (23.18%), Magnesium: 53.21mg (13.3%), Potassium: 434.81mg (12.42%), Selenium: 7.97µg (11.39%), Iron: 1.82mg (10.13%), Vitamin B6: 0.2mg (9.95%), Vitamin B1: 0.14mg (9.41%), Vitamin E: 1.38mg (9.17%), Vitamin B3: 1.72mg (8.58%), Vitamin B2: 0.14mg (8.36%), Phosphorus: 79.89mg (7.99%), Fiber: 1.92g (7.7%), Calcium: 63.26mg (6.33%), Copper: 0.11mg (5.45%), Zinc: 0.7mg (4.69%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.14µg (2.36%)