



 **58%**
HEALTH SCORE

Kale, Apple, Avocado, and Bacon Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almonds chopped
- 0.3 cup apple cider vinegar
- 0.5 avocado thinly sliced
- 4 slices bacon crumbled cooked
- 2 teaspoons grainy mustard
- 2 granny smith apples thinly sliced
- 1 teaspoon ground pepper black
- 0.5 juice of lemon juiced

- 6 cups kale thinly sliced
- 0.5 teaspoon kosher salt
- 2 tablespoons maple syrup
- 0.5 cup olive oil

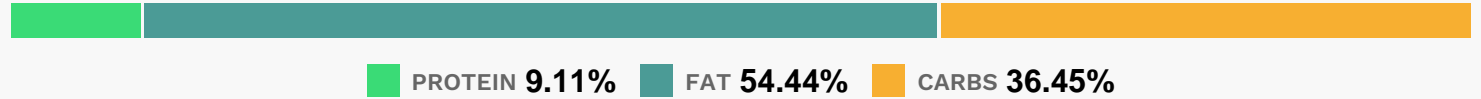
Equipment

- bowl
- whisk

Directions

- Toss apples with lemon juice in a large bowl to coat.
- Add kale, bacon, avocado, and almonds; toss to mix.
- Whisk olive oil, vinegar, maple syrup, mustard, pepper, and salt together in a bowl until smooth; drizzle over salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:127.25, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:34.593043490596%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 14mg, Epicatechin: 14mg, Epicatechin: 14mg, Epicatechin: 14mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 29.81mg, Kaempferol: 29.81mg, Kaempferol: 29.81mg, Kaempferol: 29.81mg Quercetin: 21.62mg, Quercetin: 21.62mg, Quercetin: 21.62mg, Quercetin: 21.62mg

Nutrients (% of daily need)

Calories: 538.42kcal (26.92%), Fat: 34.19g (52.6%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 38.45g (13.98%), Sugar: 32.91g (36.57%), Cholesterol: 15.84mg (5.28%), Sodium: 947.86mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.75%), Vitamin K: 268.47µg (255.69%), Vitamin A: 6480.91IU (129.62%), Vitamin C: 75.16mg (91.1%), Manganese: 1.65mg (82.37%), Vitamin E: 8.02mg (53.47%), Fiber: 13.04g (52.17%), Vitamin B2: 0.83mg (48.96%), Potassium: 964.11mg (27.55%), Magnesium: 107.95mg (26.99%), Calcium: 259.2mg (25.92%), Phosphorus: 238.83mg (23.88%), Folate: 95.11µg (23.78%), Vitamin B3: 4.17mg (20.86%), Vitamin B6: 0.42mg (20.81%), Copper: 0.4mg (20%), Vitamin B1: 0.29mg (19.17%), Selenium: 11.4µg (16.29%), Iron: 2.65mg (14.71%), Zinc: 1.89mg (12.59%), Vitamin B5: 1.17mg (11.68%), Vitamin B12: 0.17µg (2.91%)