



Kale & Bacon Salad with Honey-Horseradish Vinaigrette

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup alfalfa sprouts
- 0.5 medium avocado ripe peeled thinly sliced
- 0.3 cup basil loosely packed thinly sliced
- 4 bacon crumbled cooked
- 0.5 cup feta cheese crumbled
- 1.5 teaspoons garlic powder
- 1 cup grape tomatoes chopped

- 1 hardboiled eggs chopped
- 2 tablespoons honey
- 2 tablespoons horseradish prepared
- 10 kale thinly sliced
- 3 tablespoons juice of lemon
- 0.3 cup olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon pepper red crushed
- 1.5 teaspoons spicy brown mustard

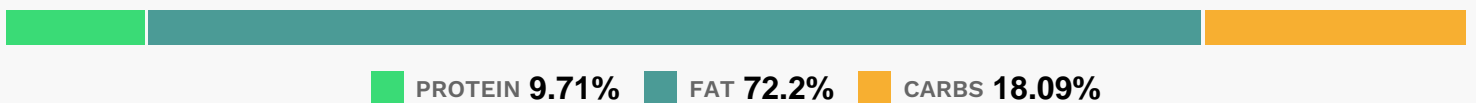
Equipment

- bowl
- whisk

Directions

- Divide kale and basil among eight salad plates. Top with sprouts, bacon, cheese, avocado, egg and tomatoes.
- In a small bowl, whisk the vinaigrette ingredients.
- Drizzle over salads; serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.41, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:10.817826032639%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg

0.81mg, Hesperetin: 0.81mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 183.41kcal (9.17%), Fat: 15.28g (23.5%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 6.66g (2.42%), Sugar: 5.54g (6.16%), Cholesterol: 35.62mg (11.87%), Sodium: 218.95mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin K: 67.26µg (64.06%), Vitamin A: 1683.19IU (33.66%), Vitamin C: 20.1mg (24.37%), Vitamin E: 1.89mg (12.61%), Vitamin B2: 0.2mg (11.59%), Calcium: 94.29mg (9.43%), Selenium: 6.17µg (8.81%), Manganese: 0.17mg (8.57%), Phosphorus: 83.69mg (8.37%), Folate: 32.22µg (8.05%), Fiber: 1.95g (7.81%), Vitamin B6: 0.16mg (7.8%), Potassium: 218mg (6.23%), Vitamin B3: 1.07mg (5.34%), Vitamin B1: 0.08mg (5.31%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.27µg (4.52%), Magnesium: 17.4mg (4.35%), Iron: 0.71mg (3.94%), Copper: 0.07mg (3.3%), Vitamin D: 0.19µg (1.27%)