



Kohlrabi Salad With Apple, Bacon, and Snow Peas

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 small kohlrabi bulb
- 0.3 cup fuji apple chopped
- 10 snow peas
- 1 tablespoon sunflower seeds shelled ()
- 2 slices bacon
- 0.3 cup cup heavy whipping cream
- 1 teaspoon apple cider vinegar

1 tablespoon honey

Equipment

Directions

- Slice the kohlrabi paper thin with a mandolin
- Mix with chopped apple
- Shell the snow peas (I just eat the shell!)
- Toss them in along with the sunflower seeds
- Crumble the bacon finely and mix it in
- Refrigerate while making the dressing.
- Mix vinegar into the cream and let it sit out for 10 minutes until thick
- Add honey and mix well
- Add the dressing to the salad a little bit at a time until thinly coated.

Nutrition Facts

 **PROTEIN 8.31%**  **FAT 67.38%**  **CARBS 24.31%**

Properties

Glycemic Index:164.27, Glycemic Load:11.19, Inflammation Score:-8, Nutrition Score:20.42652173913%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Taste

Sweetness: 69.12%, Saltiness: 66.7%, Sourness: 18.73%, Bitterness: 17.32%, Savoriness: 50.88%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 570.02kcal (28.5%), Fat: 44.31g (68.17%), Saturated Fat: 20.01g (125.08%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 28.66g (10.42%), Sugar: 26.81g (29.79%), Cholesterol: 96.28mg (32.09%), Sodium: 340.05mg (14.78%), Protein: 12.29g (24.59%), Vitamin C: 101.04mg (122.47%), Vitamin E: 5.07mg (33.79%), Fiber: 7.31g (29.25%), Vitamin B6: 0.53mg (26.56%), Vitamin B1: 0.38mg (25.11%), Selenium: 17.22µg (24.6%), Phosphorus: 242.85mg (24.28%), Manganese: 0.47mg (23.68%), Potassium: 801.15mg (22.89%), Vitamin A: 1075.51IU (21.51%), Copper: 0.42mg (21.14%), Magnesium: 75.08mg (18.77%), Vitamin B3: 3.36mg (16.78%), Vitamin B2: 0.24mg (13.95%), Folate: 54.64µg (13.66%), Iron: 1.71mg (9.49%), Calcium: 93.06mg (9.31%), Vitamin B5: 0.86mg (8.65%), Zinc: 1.29mg (8.63%), Vitamin D: 1.13µg (7.52%), Vitamin B12: 0.32µg (5.25%), Vitamin K: 5.24µg (4.99%)