



WHATSheATE



Mâche and Green Apple Salad with Pancetta and Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 16 large boston lettuce leaves
- ☐ 2 small granny smith apples cut into matchstick-size strips
- ☐ 6 tablespoons grapeseed oil
- ☐ 8 cups mâche rosettes packed (lightly)
- ☐ 3 ounce pancetta italian sliced (bacon)
- ☐ 3 tablespoons shallots minced

☐ 6 tablespoons balsamic vinegar white

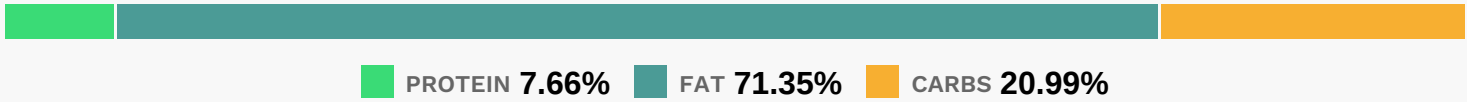
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Combine vinegar and shallot in bowl; whisk in oil. Season with salt and pepper.
- ☐ Arrange enough pancetta in large skillet to cover bottom. Cook over medium heat until brown, turning and adding more pancetta as slices shrink.
- ☐ Transfer to paper towels.
- ☐ Add almonds to drippings in skillet. Cook until golden, about 3 minutes.
- ☐ Transfer to bowl and cool. DO AHEAD Dressing, pancetta, and almonds can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Place 2 lettuce leaves on each of 8 plates.
- ☐ Drizzle with some dressing.
- ☐ Place mâche, nuts, and apples in large bowl; crumble in pancetta. Toss with enough dressing to coat; mound on lettuce.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:14.323043544655%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg

Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg
Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epigallocatechin 3–gallate:
0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate:
0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg,
Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin:
0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.33mg,
Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 218.73kcal (10.94%), Fat: 17.95g (27.61%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 11.88g (3.96%),
Net Carbohydrates: 9.81g (3.57%), Sugar: 6.5g (7.22%), Cholesterol: 7.02mg (2.34%), Sodium: 77.76mg (3.38%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin A: 4989.38IU (99.79%), Vitamin E:
4.66mg (31.1%), Vitamin K: 31.54µg (30.04%), Vitamin C: 24.52mg (29.72%), Manganese: 0.43mg (21.35%),
Potassium: 457.46mg (13.07%), Vitamin B6: 0.24mg (12.09%), Iron: 2.03mg (11.25%), Phosphorus: 91.17mg (9.12%),
Vitamin B2: 0.15mg (8.94%), Folate: 34.66µg (8.67%), Fiber: 2.06g (8.25%), Magnesium: 32.07mg (8.02%), Copper:
0.16mg (8%), Vitamin B1: 0.11mg (7.1%), Calcium: 54.64mg (5.46%), Vitamin B3: 1.02mg (5.08%), Zinc: 0.73mg
(4.9%), Selenium: 3.1µg (4.43%), Vitamin B5: 0.19mg (1.88%)