



WHATSheATE



Mango-Spinach Salad with Warm Bacon Vinaigrette



Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon diced thick
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime
- ☐ 1 mangos diced peeled
- ☐ 0.3 cup mexican cheese blend fresh crumbled (Mexican cheese)
- ☐ 0.5 medium size onion red thinly sliced
- ☐ 0.3 cup red wine vinegar

- ☐ 4 servings salt and pepper to taste
- ☐ 9 oz pkt spinach fresh

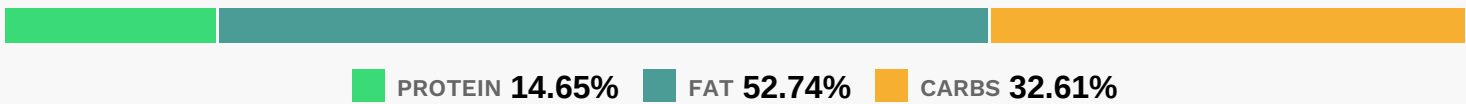
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a skillet over medium-high heat 6 to 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- ☐ Saut onion in hot drippings 2 to 3 minutes or until soft.
- ☐ Add vinegar, lime juice, and honey; cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Place spinach in a serving bowl.
- ☐ Add warm vinaigrette, and toss to coat. Top with mango, queso fresco, and bacon; season with salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.76, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:20.945652137632%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg

Isorhamnetin: 0.69mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 196.11kcal (9.81%), Fat: 11.85g (18.24%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14g (5.09%), Sugar: 12.43g (13.81%), Cholesterol: 23.39mg (7.8%), Sodium: 449.02mg (19.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin K: 310.57µg (295.78%), Vitamin A: 6612.99IU (132.26%), Vitamin C: 39mg (47.28%), Folate: 150.3µg (37.58%), Manganese: 0.64mg (31.96%), Magnesium: 62.92mg (15.73%), Potassium: 527.42mg (15.07%), Calcium: 136.47mg (13.65%), Vitamin B6: 0.27mg (13.47%), Vitamin E: 1.89mg (12.6%), Phosphorus: 116.98mg (11.7%), Iron: 2.08mg (11.55%), Vitamin B2: 0.19mg (11.41%), Fiber: 2.49g (9.96%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.13mg (8.96%), Vitamin B3: 1.73mg (8.66%), Copper: 0.16mg (8.09%), Zinc: 0.97mg (6.45%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.31mg (3.14%)