



Nancy's Spinach Salad

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

READY IN



44 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup canola oil
- 4 slices bacon crumbled cooked
- 2 hardboiled eggs
- 1 container bean sprouts fresh
- 0.3 cup catsup
- 4 servings several mushrooms sliced
- 0.5 small onion
- 1 large bag pkt spinach fresh

- 0.5 cup sugar
- 0.3 cup vinegar white
- 2 tablespoons worcestershire

Equipment

- food processor
- bowl

Directions

- For the dressing: In a food processor, chop onion, add all other ingredients except oil, and blend. Slowly add the oil, refrigerate for 1 day.
- Mix all of the ingredients in a bowl and toss with dressing.

Nutrition Facts

■ PROTEIN **9.98%** ■ FAT **46.52%** ■ CARBS **43.5%**

Properties

Glycemic Index:52.77, Glycemic Load:17.97, Inflammation Score:-10, Nutrition Score:21.885652075643%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 321.19kcal (16.06%), Fat: 17.05g (26.23%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 34.09g (12.4%), Sugar: 31.05g (34.5%), Cholesterol: 101.17mg (33.72%), Sodium: 514.37mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Vitamin K: 351.79µg (335.04%), Vitamin A: 6900.17IU (138%), Folate: 153.21µg (38.3%), Manganese: 0.69mg (34.35%), Vitamin C: 22.58mg (27.37%), Vitamin E: 3.99mg (26.62%), Vitamin B2: 0.34mg (19.81%), Selenium: 13.02µg (18.59%), Potassium: 608.95mg (17.4%), Magnesium: 65.95mg (16.49%), Iron: 2.86mg (15.89%), Vitamin B6: 0.25mg (12.74%), Phosphorus: 123.3mg (12.33%), Calcium: 99.05mg (9.9%), Vitamin B3: 1.76mg (8.82%), Vitamin B1: 0.13mg (8.66%), Copper: 0.15mg (7.38%), Fiber: 1.79g (7.14%), Zinc: 0.96mg (6.39%), Vitamin B12: 0.37µg (6.09%), Vitamin B5: 0.52mg (5.21%), Vitamin D: 0.58µg (3.89%)