



Pea Shoot and Spinach Salad with Bacon and Shiitakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pound double-smoked bacon
- ☐ 4 cups baby spinach leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 1 bunch chives fresh cut into 1-inch lengths
- ☐ 0.8 pound mushroom caps fresh quartered
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 0.5 tablespoon mustard coarse-grain
- ☐ 3.5 tablespoons olive oil
- ☐ 4 cups ounces pea shootspea shoots fresh
- ☐ 6 radishes cut into matchsticks
- ☐ 0.5 tablespoon red-wine vinegar

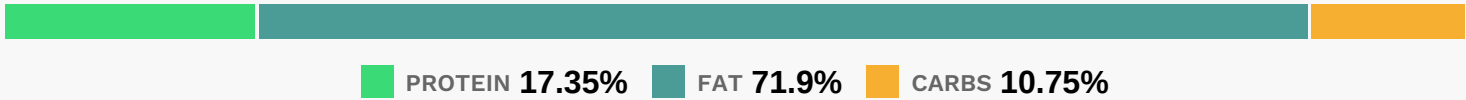
Equipment

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

Directions

- ☐ Cut bacon into 3/4-inch-thick matchsticks and cook in a heavy skillet over moderately low heat, stirring, until crisp but still chewy, 6 to 8 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Pour off fat from skillet and add 1 1/2 tablespoons oil, mushrooms, and 1/2 teaspoon salt. Cook over moderate heat, stirring occasionally, until mushrooms are golden, about 8 minutes, then cool.
- ☐ Whisk together lemon juice, vinegar, mustard, remaining 1/2 teaspoon salt, pepper, and remaining 2 tablespoons oil in a large salad bowl until blended.
- ☐ Add pea shoots and spinach to dressing and toss to coat.
- ☐ Add bacon, mushrooms, chives, and radishes and toss again.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:18.623913096345%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 206.36kcal (10.32%), Fat: 17.04g (26.21%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 3.37g (1.23%), Sugar: 1.95g (2.17%), Cholesterol: 12.47mg (4.16%), Sodium: 580.81mg (25.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Vitamin C: 116.89mg (141.69%), Vitamin K: 103.28µg (98.36%), Vitamin A: 2555.66IU (51.11%), Fiber: 5.2g (20.8%), Manganese: 0.35mg (17.28%), Vitamin B3: 3.13mg (15.65%), Vitamin B6: 0.26mg (13.11%), Folate: 48.74µg (12.18%), Vitamin E: 1.68mg (11.18%), Selenium: 7.7µg (11%), Vitamin B2: 0.18mg (10.6%), Phosphorus: 103.72mg (10.37%), Vitamin B5: 0.99mg (9.88%), Potassium: 341.28mg (9.75%), Magnesium: 31.26mg (7.81%), Zinc: 0.94mg (6.27%), Copper: 0.12mg (6.08%), Iron: 0.97mg (5.39%), Vitamin B1: 0.08mg (5.38%), Calcium: 25.64mg (2.56%), Vitamin D: 0.3µg (2.02%), Vitamin B12: 0.09µg (1.57%)