



Perfect Spinach Salad

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

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces baby spinach dried washed
- ☐ 7 slices peppered bacon thick-cut
- ☐ 0.5 teaspoon dijon mustard
- ☐ 6 servings ice cubes
- ☐ 1 small onion whole red
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 dash salt
- ☐ 2 teaspoons sugar

- ☐ 1 package button mushrooms white
- ☐ 3 eggs whole

Equipment

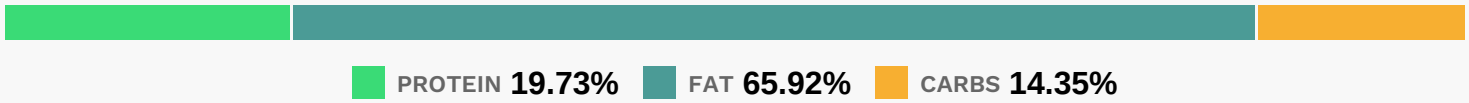
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the eggs in a saucepan, cover with water and bring to a boil. Then turn off the heat and allow to sit in the water for 20 minutes.
- ☐ Drain off the water and add ice on top of the eggs.
- ☐ Fry the bacon in a skillet until crispy/chewy.
- ☐ Remove to a paper towel.
- ☐ Drain the fat into a bowl and reserve. Give the skillet a wipe with kitchen paper.
- ☐ Slice the red onion very thinly, and then add to the skillet. Cook slowly until the onions are caramelized and reduced.
- ☐ Remove to a plate and set aside.
- ☐ Slice the mushrooms and add them to the same skillet with a little of the reserved bacon fat if needed. Cook slowly until caramelized and brown.
- ☐ Remove to a plate and set aside. Chop the bacon. Peel and slice the eggs.
- ☐ Add 3 tablespoons of the reserved bacon fat, vinegar, sugar, Dijon and salt to a small saucepan or skillet over medium-low heat.
- ☐ Whisk together and heat thoroughly until bubbly.
- ☐ Add the spinach to a large bowl. Arrange the onions, mushrooms and bacon on top.
- ☐ Pour the hot dressing over the top; toss to combine. Arrange the eggs over the top and serve.

Per serving: Calories 270; Total Fat 22.5 grams; Saturated Fat 7.5 grams; Protein 10 grams; Total Carbohydrate 7 grams; Sugar: 2 grams; Fiber 2 grams; Cholesterol 123 milligrams; Sodium 526 milligrams

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:18.06652172752%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 12.59g (19.37%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.63g (1.68%), Sugar: 3.1g (3.44%), Cholesterol: 98.78mg (32.93%), Sodium: 248.09mg (10.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin K: 182.72µg (174.02%), Vitamin A: 3673.41IU (73.47%), Folate: 93.59µg (23.4%), Selenium: 16.04µg (22.91%), Vitamin B2: 0.35mg (20.57%), Manganese: 0.39mg (19.73%), Vitamin C: 12.81mg (15.53%), Phosphorus: 137.8mg (13.78%), Vitamin B3: 2.71mg (13.53%), Potassium: 442.23mg (12.64%), Vitamin B6: 0.24mg (12.04%), Vitamin B5: 1.09mg (10.92%), Copper: 0.21mg (10.64%), Magnesium: 41.87mg (10.47%), Vitamin B1: 0.15mg (9.92%), Iron: 1.78mg (9.9%), Vitamin E: 1.12mg (7.45%), Zinc: 1.02mg (6.83%), Fiber: 1.54g (6.15%), Calcium: 58.78mg (5.88%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.62µg (4.12%)