



Potato, Spinach and Red Bell Pepper Salad with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bacon chopped
- ☐ 1 cup celery thinly sliced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil extra-virgin (preferably)
- ☐ 1 bell pepper red
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 pound yukon gold potatoes peeled cut into 3/4-inch pieces

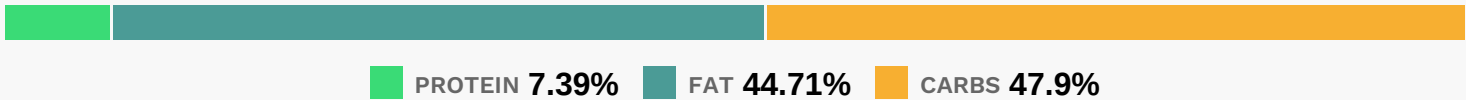
Equipment

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

Directions

- ☐ Steam potatoes just until tender, about 7 minutes.
- ☐ Transfer potatoes to large bowl. Char bell pepper over flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed and chop pepper.
- ☐ Transfer to bowl with potatoes.
- ☐ Sauté bacon in small skillet over medium heat until crisp, about 3 minutes. Using slotted spoon, transfer bacon to paper towel and drain.
- ☐ Whisk vinegar, oil and garlic in small saucepan. Stir over low heat just until warm, about 1 minute. Stir in bacon.
- ☐ Add warm vinaigrette to potato mixture.
- ☐ Mix in celery and spinach. Season to taste with salt and pepper and serve.
- ☐ Per serving: calories, 164; total fat, 8 g; saturated fat, 1 g; cholesterol, 1 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:15.06, Inflammation Score:-7, Nutrition Score:11.581739223522%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 186.66kcal (9.33%), Fat: 9.42g (14.49%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 19.16g (6.97%), Sugar: 2.48g (2.76%), Cholesterol: 3.63mg (1.21%), Sodium: 65.77mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin C: 61.49mg (74.54%), Vitamin B6: 0.46mg (23.19%), Vitamin A: 1049.22IU (20.98%), Potassium: 624.18mg (17.83%), Vitamin K: 15.24µg (14.51%), Fiber: 3.54g (14.16%), Manganese: 0.25mg (12.56%), Vitamin E: 1.58mg (10.55%), Folate: 40.94µg (10.24%), Vitamin B3: 1.79mg (8.97%), Phosphorus: 88.4mg (8.84%), Vitamin B1: 0.13mg (8.58%), Magnesium: 33.73mg (8.43%), Copper: 0.14mg (7.1%), Iron: 1.19mg (6.6%), Vitamin B5: 0.53mg (5.27%), Vitamin B2: 0.08mg (4.78%), Zinc: 0.51mg (3.42%), Calcium: 28.17mg (2.82%), Selenium: 1.68µg (2.4%)