



Roasted Apple, Bacon, and Frisée Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large apples cored peeled cut into 1/4-inch-thick slices (Braeburn or Fuji)
- ☐ 2 large bunches frisée lettuce (see notes)
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon pepper plus more to taste
- ☐ 0.5 teaspoon salt plus more to taste
- ☐ 2 medium shallots separated very thinly sliced
- ☐ 3 tablespoons sherry vinegar

☐ 4 slices bacon thick-cut

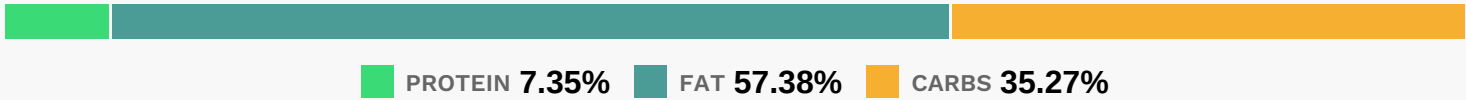
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ In a small bowl, combine apples, olive oil, syrup, salt, and pepper. Toss to coat, then transfer apple slices to a nonstick baking sheet and bake for 15 minutes. Stir, then continue to cook until golden brown and tender, 10 to 15 minutes more. Set aside.
- ☐ Meanwhile, in a small bowl, combine shallots and vinegar. Set aside.
- ☐ In a heavy frying pan over medium heat, cook bacon until crisp and brown, about 7 minutes; drain on paper towels.
- ☐ Pour off all but 3 tbsp. of the accumulated bacon fat and return pan to low heat.
- ☐ Remove shallots from vinegar, reserving shallots, and add vinegar to hot bacon fat, whisking until dressing is emulsified.
- ☐ Arrange frise in a bowl and add apples, bacon pieces, and shallots.
- ☐ Pour warm dressing over greens and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:4.71, Inflammation Score:-2, Nutrition Score:4.0699999695239%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 185.28kcal (9.26%), Fat: 12g (18.46%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 14.49g (5.27%), Sugar: 12.38g (13.76%), Cholesterol: 15.84mg (5.28%), Sodium: 355.84mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Manganese: 0.23mg (11.65%), Fiber: 2.11g (8.42%), Vitamin B2: 0.13mg (7.4%), Selenium: 4.93µg (7.05%), Vitamin B6: 0.12mg (6.2%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 1.06mg (5.29%), Vitamin C: 4.2mg (5.1%), Potassium: 176.49mg (5.04%), Phosphorus: 48.76mg (4.88%), Vitamin K: 4.37µg (4.16%), Vitamin E: 0.59mg (3.9%), Zinc: 0.4mg (2.66%), Magnesium: 10.44mg (2.61%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (2.08%), Iron: 0.36mg (2.01%), Vitamin B12: 0.12µg (2%), Calcium: 17.67mg (1.77%), Vitamin A: 69.32IU (1.39%), Folate: 5.46µg (1.36%)