



WHATSheATE



Roasted Potato-and-Bacon Salad



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 5 ounce salad greens mixed
- ☐ 2 pounds new potatoes quartered
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup freshly parmesan cheese shredded
- ☐ 1 teaspoon pepper divided freshly ground

- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt divided
- ☐ 6 ounce pkt spinach fresh
- ☐ 1 tablespoon sugar
- ☐ 8 slices at least of turkey bacon

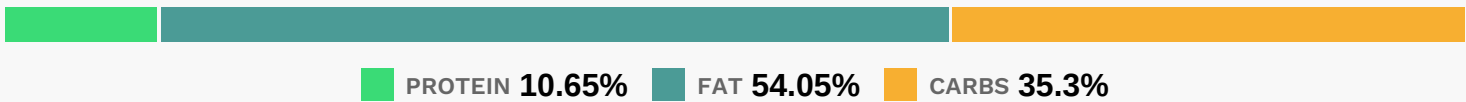
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine potatoes, oil, rosemary, 1/2 teaspoon salt, and 1/2 teaspoon pepper, tossing gently, and spread in a 15- x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 40 to 50 minutes or until potatoes are tender and lightly browned.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; keep warm.
- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving drippings in skillet. Crumble bacon, and set aside.
- ☐ Whisk vinegar, next 3 ingredients, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper into skillet; cook over medium heat, whisking occasionally, 3 to 4 minutes or until thoroughly heated.
- ☐ Combine spinach and mixed greens; drizzle with warm dressing, tossing to coat. Top with potatoes, bacon, and Parmesan cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.36, Glycemic Load:15.77, Inflammation Score:-9, Nutrition Score:17.157391172388%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg
Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 263.88kcal (13.19%), Fat: 16.03g (24.67%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 23.56g (7.85%),
Net Carbohydrates: 20.45g (7.44%), Sugar: 2.5g (2.78%), Cholesterol: 16.65mg (5.55%), Sodium: 515.64mg
(22.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin K: 109.09µg (103.89%), Vitamin
A: 2245.9IU (44.92%), Vitamin C: 32.81mg (39.76%), Vitamin B6: 0.46mg (23.16%), Manganese: 0.45mg (22.34%),
Potassium: 685.69mg (19.59%), Folate: 66.78µg (16.69%), Phosphorus: 137.8mg (13.78%), Magnesium: 50.22mg
(12.55%), Fiber: 3.11g (12.45%), Vitamin B1: 0.18mg (11.77%), Vitamin B3: 2.35mg (11.76%), Iron: 1.83mg (10.17%),
Vitamin E: 1.45mg (9.65%), Copper: 0.18mg (8.87%), Selenium: 5.88µg (8.4%), Calcium: 79.82mg (7.98%), Vitamin
B2: 0.12mg (6.81%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.15µg (2.46%)