



 **71%**  
HEALTH SCORE

## Smoky Bacon and Bean Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



718 kcal

SIDE DISH

### Ingredients

- 4 slices bacon chopped
- 3 tablespoons balsamic vinegar
- 1 teaspoon dijon mustard
- 30 ounce chickpeas dried rinsed canned
- 6 servings olive oil extra-virgin for drizzling, plus 1/3 cup
- 3 pinches few healthy pepper flakes red crushed
- 3 hearts romaine chopped
- 6 servings salt

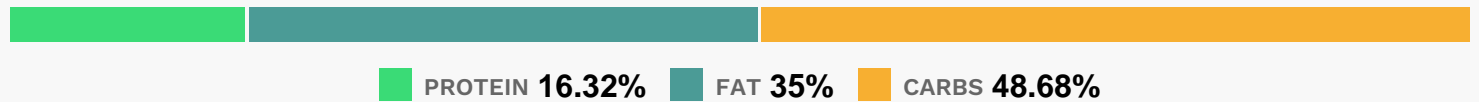
## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Heat a small skillet over medium high heat.
- Add a drizzle of EVOO and the bacon. Crisp the bacon then transfer to a paper towel-lined plate.
- Add dried chickpeas and reduce heat to medium. Cook until toasted and lightly browned, 10 to 12 minutes. Season chickpeas with salt and crushed pepper flakes and cool.
- Place greens in a salad bowl.
- Whisk together the mustard, vinegar and about 1/3 cup extra-virgin olive oil.
- Add bacon and chickpeas to the salad and toss to coat evenly.

## Nutrition Facts



## Properties

Glycemic Index:17.08, Glycemic Load:13.25, Inflammation Score:-10, Nutrition Score:43.029130329256%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 718.18kcal (35.91%), Fat: 28.59g (43.98%), Saturated Fat: 4.79g (29.97%), Carbohydrates: 89.45g (29.82%), Net Carbohydrates: 63.54g (23.11%), Sugar: 17.05g (18.95%), Cholesterol: 9.68mg (3.23%), Sodium: 341.53mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Folate: 866.45µg (216.61%), Manganese: 3.23mg (161.43%), Fiber: 25.9g (103.62%), Vitamin A: 5036.96IU (100.74%), Vitamin K:

79.16µg (75.39%), Copper: 1.24mg (61.86%), Phosphorus: 559.44mg (55.94%), Iron: 9.61mg (53.4%), Vitamin B1: 0.76mg (50.6%), Magnesium: 174.12mg (43.53%), Vitamin B6: 0.84mg (42.04%), Potassium: 1420.25mg (40.58%), Zinc: 5.18mg (34.53%), Vitamin B5: 2.42mg (24.16%), Vitamin E: 3.34mg (22.25%), Selenium: 15.09µg (21.56%), Vitamin B2: 0.35mg (20.66%), Calcium: 171.32mg (17.13%), Vitamin B3: 2.96mg (14.81%), Vitamin C: 7.93mg (9.62%), Vitamin B12: 0.07µg (1.22%)