



Spinach and Mushroom Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 tablespoons cider vinegar
- ☐ 2 eggs
- ☐ 0.3 pound mushrooms fresh sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound pkt spinach
- ☐ 2 tablespoons water
- ☐ 2 teaspoons sugar white

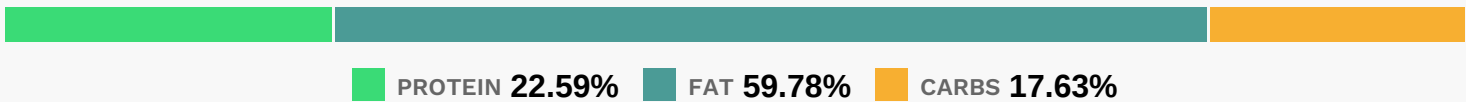
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. Reserve 2 tablespoons bacon fat.
- ☐ Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and cut in wedges.
- ☐ Return 2 tablespoons bacon fat to skillet, stir in sugar, vinegar, water and salt. Keep warm.
- ☐ Wash and remove stems from spinach, dry thoroughly and break into pieces in salad bowl.
- ☐ Pour warm dressing over and toss until coated.
- ☐ Top salad with mushrooms and bacon, garnish with egg.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:26.412608623505%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 164.79kcal (8.24%), Fat: 11.37g (17.49%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 4.76g (1.73%), Sugar: 3.14g (3.49%), Cholesterol: 96.36mg (32.12%), Sodium: 559.34mg (24.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin K: 547.78µg (521.69%), Vitamin A: 10760.28IU (215.21%), Folate: 235.15µg (58.79%), Manganese: 1.06mg (52.93%), Vitamin C: 32.46mg (39.35%),

Vitamin B2: 0.45mg (26.3%), Magnesium: 97.87mg (24.47%), Potassium: 802.41mg (22.93%), Selenium: 14.97µg (21.38%), Iron: 3.71mg (20.6%), Vitamin E: 2.63mg (17.54%), Vitamin B6: 0.35mg (17.33%), Phosphorus: 155.79mg (15.58%), Vitamin B3: 2.75mg (13.73%), Copper: 0.26mg (13.24%), Calcium: 127.48mg (12.75%), Vitamin B1: 0.18mg (12.06%), Fiber: 2.78g (11.11%), Vitamin B5: 0.96mg (9.57%), Zinc: 1.3mg (8.64%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.58µg (3.9%)