



Spinach Bacon Salad with Hard Cooked Eggs

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 3 tablespoons vegetable oil
- 0.3 cup spring onion chopped
- 2 teaspoons sugar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons apple cider vinegar white
- 9 cups pkt spinach fresh

- 2 hardboiled eggs sliced

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- In 10-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp.
- Remove bacon with slotted spoon; drain on paper towels.
- Drain all but 3 tablespoons bacon drippings from skillet (if fewer than 3 tablespoons remain, add enough vegetable oil to drippings to equal 3 tablespoons).
- Add oil, onions, sugar, salt and pepper to drippings in skillet. Cook over medium heat 2 to 3 minutes, stirring occasionally, until onions are slightly softened. Stir in vinegar.
- Place spinach in very large bowl.
- Pour warm dressing over spinach; toss to coat. Arrange egg slices on top. Crumble bacon and sprinkle on top.
- Serve immediately.

Nutrition Facts

 **PROTEIN 12.73%**  **FAT 78.12%**  **CARBS 9.15%**

Properties

Glycemic Index:34.35, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:16.005217355231%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 165.63kcal (8.28%), Fat: 14.58g (22.43%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.86g (2.06%), Cholesterol: 71.85mg (23.95%), Sodium: 348.27mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Vitamin K: 241.54µg (230.04%), Vitamin A: 4367.59IU (87.35%), Folate: 98.2µg (24.55%), Manganese: 0.44mg (22.11%), Vitamin C: 13.69mg (16.59%), Selenium: 8.58µg (12.26%), Vitamin E: 1.74mg (11.57%), Vitamin B2: 0.19mg (11.02%), Magnesium: 40.49mg (10.12%), Potassium: 321.3mg (9.18%), Iron: 1.58mg (8.79%), Vitamin B6: 0.15mg (7.53%), Phosphorus: 74.42mg (7.44%), Vitamin B1: 0.09mg (5.98%), Calcium: 58.47mg (5.85%), Vitamin B3: 0.96mg (4.78%), Fiber: 1.16g (4.62%), Vitamin B12: 0.26µg (4.31%), Zinc: 0.61mg (4.08%), Copper: 0.07mg (3.66%), Vitamin B5: 0.35mg (3.49%), Vitamin D: 0.43µg (2.84%)