



WHATSheATE



## Spinach, bacon & white bean salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

### Ingredients

- ☐ 12 rashers streaky bacon
- ☐ 4 tbsp sherry vinegar
- ☐ 560 g roasted peppers red drained sliced
- ☐ 800 g borlotti beans drained and rinsed canned
- ☐ 150 g baby spinach leaves

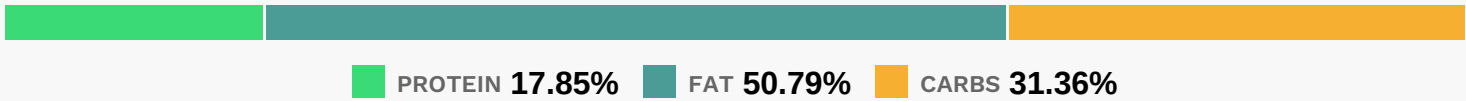
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat a large pan and dry-fry the bacon for about 2 mins each side until crispy.
- ☐ Remove and drain on kitchen paper. Keep the fat from the bacon in the pan, add the vinegar and bubble for a few secs before tipping in the peppers and beans. Season and heat through. Toss together the spinach, beans, peppers and bacon, then drizzle with a dressing of your choice.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:33.76608673386%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 477.88kcal (23.89%), Fat: 27.32g (42.03%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 22.84g (8.31%), Sugar: 0.16g (0.17%), Cholesterol: 43.56mg (14.52%), Sodium: 3048.34mg (132.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.22%), Vitamin K: 181.13µg (172.5%), Vitamin C: 77.31mg (93.71%), Vitamin A: 4268.79IU (85.38%), Folate: 249.15µg (62.29%), Fiber: 15.1g (60.42%), Manganese: 0.97mg (48.72%), Phosphorus: 314.61mg (31.46%), Iron: 5.57mg (30.97%), Potassium: 1070.14mg (30.58%), Vitamin B6: 0.61mg (30.39%), Magnesium: 117.54mg (29.39%), Selenium: 20.26µg (28.94%), Copper: 0.54mg (27.2%), Vitamin B3: 4.7mg (23.52%), Vitamin B1: 0.32mg (21.63%), Zinc: 2.91mg (19.43%), Calcium: 166.72mg (16.67%), Vitamin B2: 0.24mg (14.37%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.05mg (6.97%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.26µg (1.76%)