



Spinach Bean Salad with Maple Dressing

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



11

CALORIES



104 kcal

SIDE DISH

Ingredients

- 12 ounces baby spinach fresh
- 15 ounces great northern beans rinsed drained canned
- 3 tablespoons apple cider vinegar
- 5 bacon crumbled cooked
- 1 tablespoon dijon mustard
- 4 spring onion thinly sliced
- 0.3 teaspoon pepper
- 0.3 cup maple syrup

- 1 tablespoon olive oil
- 1 small bell pepper sweet red chopped
- 0.3 teaspoon salt

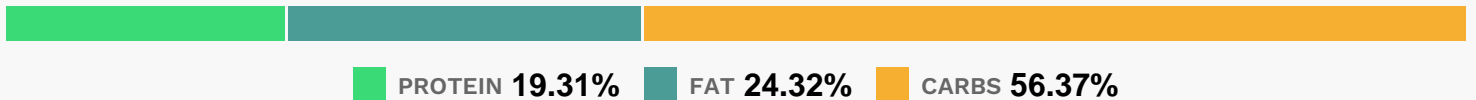
Equipment

- bowl
- whisk
- microwave

Directions

- For dressing, in a small microwave-safe bowl, combine the first six ingredients; set aside.
- Place beans in another microwave-safe bowl. Microwave, uncovered, for 1-2 minutes or until heated through.
- In a large salad bowl, combine the spinach, onions, red pepper, bacon and beans. Microwave the dressing, uncovered, for 30-60 seconds or until heated through.
- Whisk until smooth; drizzle over salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:15.498260869565%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 104.16kcal (5.21%), Fat: 2.9g (4.46%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 12.21g (4.44%), Sugar: 4.94g (5.48%), Cholesterol: 3.6mg (1.2%), Sodium: 156.79mg (6.82%), Protein: 5.18g (10.35%), Vitamin K: 159.6µg (152%), Vitamin A: 3156.7IU (63.13%), Manganese: 0.64mg (32.03%), Folate: 97.3µg (24.33%), Vitamin C: 18.63mg (22.58%), Magnesium: 49.43mg (12.36%), Fiber: 2.9g (11.6%), Vitamin B2: 0.19mg (11.37%), Potassium: 374.77mg (10.71%), Iron: 1.62mg (9.02%), Phosphorus: 87.07mg (8.71%), Vitamin B1:

0.11mg (7.55%), Vitamin B6: 0.14mg (7.2%), Calcium: 64.49mg (6.45%), Vitamin E: 0.96mg (6.41%), Selenium: 4.24µg (6.06%), Copper: 0.11mg (5.63%), Vitamin B3: 0.89mg (4.43%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.2mg (1.98%)