



WHATShEATE



Spinach-Endive Salad With Warm Vinaigrette



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 slices apple-smoked bacon



10 ounce baby spinach fresh



0.3 cup balsamic vinegar



1 head belgian endive cut into 8 slices lengthwise*



4 teaspoons dijon mustard



2 teaspoons parsley fresh chopped



0.5 teaspoon pepper freshly ground



0.3 medium size onion red thinly sliced

☐ 0.5 teaspoon salt

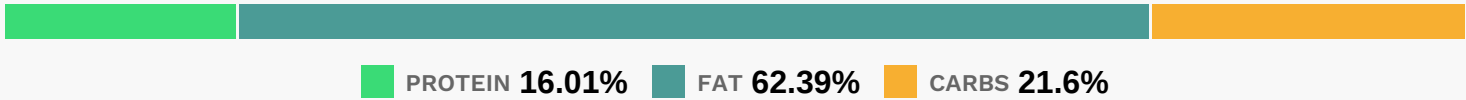
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1/4 cup drippings in skillet. Crumble bacon, and set aside.
- ☐ Combine vinegar, mustard, and, if desired, 1/2 cup crumbled blue cheese, stirring until mixture is smooth.
- ☐ Add vinegar mixture and onion to hot bacon drippings in skillet over medium heat, stirring to coat.
- ☐ Add bacon, parsley, salt, and pepper.
- ☐ Add spinach and endive; toss in skillet just until combined.
- ☐ Serve immediately. Top with additional crumbled blue cheese, if desired.
- ☐ *1/2 (10-ounce) package fresh baby spinach may be substituted.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:15.165217399597%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 6.14g (9.44%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.03g (2.26%), Cholesterol: 9.68mg (3.23%), Sodium: 367.73mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 229.1µg (218.19%), Vitamin A: 4444.72IU (88.89%), Manganese: 0.49mg (24.49%), Folate: 96.1µg (24.03%), Vitamin C: 13.92mg (16.87%), Magnesium: 43.61mg (10.9%), Potassium: 337.36mg (9.64%), Iron: 1.52mg (8.45%), Vitamin B6: 0.14mg (7.16%), Vitamin E: 1.04mg (6.91%), Selenium: 4.6µg (6.58%), Vitamin B2: 0.11mg (6.31%), Fiber: 1.58g (6.31%), Vitamin B1: 0.09mg (6.1%), Calcium: 56.12mg (5.61%), Phosphorus: 53.8mg (5.38%), Vitamin B3: 0.97mg (4.86%), Copper: 0.08mg (4.08%), Zinc: 0.48mg (3.19%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.07µg (1.22%)