



Spinach, Mushroom, and Fennel Salad with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 oz lightly baby spinach packed
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 3 large eggs cut into wedges
- ☐ 1 large head fennel bulb trimmed thinly sliced (4 in. wide)
- ☐ 1.5 teaspoons thyme leaves fresh roughly chopped

- ☐ 0.5 tsp kosher salt
- ☐ 5 ounces mushrooms thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2.5 tablespoons shallots minced
- ☐ 2.5 tablespoons sherry vinegar
- ☐ 5 ounces bacon thick-cut

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine spinach, eggs, and mushrooms in a large shallow serving bowl.
- ☐ Cut bacon on the diagonal into strips about 1/4 in. thick and 1 1/2 in. long. Cook bacon with 1/3 cup water in a large frying pan over medium heat, stirring occasionally, until water disappears, 8 to 12 minutes.
- ☐ Add oils and cook until bacon is light golden but still supple, 3 to 5 minutes more.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain.
- ☐ Add fennel to pan and cook, stirring occasionally, until slightly softened, about 2 minutes.
- ☐ Transfer with a slotted spoon to more paper towels.
- ☐ Stir shallot and thyme into fat in pan and cook until softened, about 2 minutes.
- ☐ Remove pan from heat and whisk in vinegar to deglaze pan.
- ☐ Whisk in mustard, 1/2 tsp. each salt and pepper, and 2 tsp. water.
- ☐ Add bacon and fennel to salad, scrape dressing on top, and toss gently to coat. Season to taste with more salt and pepper.

Nutrition Facts



 PROTEIN **13.49%**  FAT **76.47%**  CARBS **10.04%**

Properties

Glycemic Index:31, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:15.014782573866%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 185.85kcal (9.29%), Fat: 16.09g (24.75%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.94g (2.15%), Cholesterol: 81.44mg (27.15%), Sodium: 339.58mg (14.76%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.39g (12.77%), Vitamin K: 143.09µg (136.27%), Vitamin A: 2492.56IU (49.85%), Folate: 69.19µg (17.3%), Selenium: 11.89µg (16.98%), Manganese: 0.33mg (16.66%), Vitamin C: 11.73mg (14.22%), Vitamin E: 2.07mg (13.81%), Vitamin B2: 0.23mg (13.59%), Potassium: 394.96mg (11.28%), Phosphorus: 108.85mg (10.89%), Vitamin B3: 1.75mg (8.77%), Vitamin B6: 0.17mg (8.64%), Iron: 1.55mg (8.62%), Magnesium: 32.8mg (8.2%), Vitamin B5: 0.75mg (7.51%), Fiber: 1.87g (7.47%), Copper: 0.14mg (6.84%), Vitamin B1: 0.1mg (6.51%), Calcium: 55.23mg (5.52%), Zinc: 0.76mg (5.09%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.48µg (3.21%)