



Spinach-Pear Salad with Honey-Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 large purée of usa bartlett pear cored ripe cut lengthwise into 1/4-inch-thick slices (3 cups)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 0.3 cup onion red vertically sliced

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach fresh

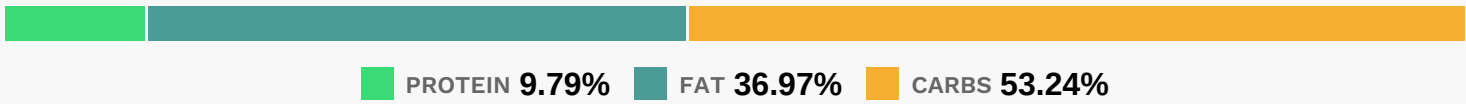
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, cook bacon in a medium nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- ☐ Add vinegars, honey, mustard, salt, and pepper to drippings in pan, stirring with a whisk; bring to a boil.
- ☐ Remove from heat.
- ☐ To prepare salad, combine onion, pears, spinach, and bacon in a large bowl.
- ☐ Drizzle with vinaigrette, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:2.68, Inflammation Score:-8, Nutrition Score:8.0399999877681%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 56.12kcal (2.81%), Fat: 2.32g (3.57%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 6.16g (2.24%), Sugar: 5.15g (5.72%), Cholesterol: 3.63mg (1.21%), Sodium: 94.41mg (4.1%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin K: 86.71µg (82.58%), Vitamin A: 1672.04IU (33.44%), Manganese: 0.19mg (9.63%), Folate: 36.81µg (9.2%), Vitamin C: 6.49mg (7.87%), Fiber: 1.36g (5.45%), Magnesium: 17.3mg (4.33%), Potassium: 148.61mg (4.25%), Iron: 0.6mg (3.31%), Vitamin B6: 0.06mg (3.08%), Vitamin B2: 0.05mg (2.8%), Vitamin E: 0.42mg (2.8%), Copper: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.34%), Selenium: 1.59µg (2.27%), Calcium: 22.28mg (2.23%), Phosphorus: 21.95mg (2.2%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.2mg (1.33%)