



Spinach Salad II

 **Gluten Free**  **Dairy Free**

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon
- ☐ 4 eggs
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons juice of lemon
- ☐ 1 small onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 10 ounce pkt spinach fresh
- ☐ 6 tablespoons vegetable oil

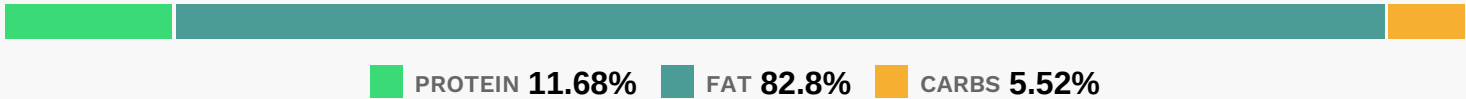
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and chop.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a large bowl, combine the eggs, bacon, spinach and onion.
- ☐ In a small bowl, whisk together the oil, lemon juice, garlic and salt and pepper.
- ☐ Pour over salad and toss well to coat.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:18.960000100343%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 303.16kcal (15.16%), Fat: 28.25g (43.46%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 4.24g (1.41%),
Net Carbohydrates: 2.96g (1.08%), Sugar: 1g (1.11%), Cholesterol: 128.48mg (42.83%), Sodium: 467.67mg (20.33%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Vitamin K: 253.38µg (241.31%), Vitamin A:
4600.58IU (92.01%), Folate: 109.2µg (27.3%), Manganese: 0.47mg (23.42%), Selenium: 15.58µg (22.26%), Vitamin C:
17.35mg (21.04%), Vitamin E: 2.52mg (16.8%), Vitamin B2: 0.25mg (14.85%), Phosphorus: 128.99mg (12.9%), Vitamin
B6: 0.25mg (12.49%), Magnesium: 46.24mg (11.56%), Potassium: 391.02mg (11.17%), Iron: 1.97mg (10.92%), Vitamin
B1: 0.14mg (9.25%), Vitamin B3: 1.57mg (7.86%), Calcium: 69.73mg (6.97%), Vitamin B12: 0.41µg (6.8%), Zinc: 1.01mg
(6.74%), Vitamin B5: 0.67mg (6.73%), Copper: 0.1mg (5.19%), Fiber: 1.28g (5.13%), Vitamin D: 0.7µg (4.69%)