



Spinach Salad with Bacon and Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 small avocados chopped
- ☐ 6 oz baby spinach leaves
- ☐ 2 carrots with a vegetable peeler cut into thin ribbons
- ☐ 2 large eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 teaspoon kosher salt
- ☐ 8 ounces mushrooms sliced
- ☐ 0.3 cup olive oil

- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons sugar
- ☐ 0.8 lb bacon thick-cut

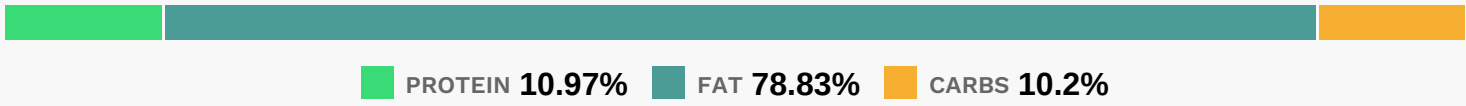
Equipment

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

Directions

- ☐ Put eggs in a small saucepan and cover with water. Bring to a boil, cover, remove from heat, and let sit 15 minutes. Rinse with cold water until cool, then peel and quarter.
- ☐ Cook bacon in a large frying pan until browned and crisp, 8 minutes. Crumble and set aside.
- ☐ Whisk together oil, vinegar, sugar, and salt in a large serving bowl.
- ☐ Add remaining ingredients with reserved bacon and eggs; toss to coat.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:24.222174001777%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 512.03kcal (25.6%), Fat: 45.88g (70.58%), Saturated Fat: 12.43g (77.68%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 7.85g (2.86%), Sugar: 5.36g (5.96%), Cholesterol: 110.55mg (36.85%), Sodium: 959.05mg (41.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Vitamin K: 156.69µg (149.23%), Vitamin A: 2936.81IU (58.74%), Selenium: 22.48µg (32.12%), Folate: 127.62µg (31.91%), Vitamin B2: 0.52mg (30.66%), Vitamin B3: 5.16mg (25.78%), Vitamin B6: 0.5mg (24.96%), Vitamin E: 3.7mg (24.69%), Phosphorus: 238.81mg (23.88%), Vitamin B5: 2.21mg (22.07%), Fiber: 5.5g (22.02%), Potassium: 750.24mg (21.44%), Manganese: 0.39mg (19.35%), Vitamin C: 15.53mg (18.83%), Vitamin B1: 0.28mg (18.7%), Copper: 0.33mg (16.29%), Magnesium: 56.8mg (14.2%), Zinc: 2.02mg (13.5%), Iron: 2.02mg (11.24%), Calcium: 111.94mg (11.19%), Vitamin B12: 0.66µg (10.97%), Vitamin D: 0.69µg (4.57%)