



Spinach Salad with Cranberries, Pecans, Bacon, and Blue Cheese

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce baby spinach
- 0.5 pound hickory bacon smoked roughly chopped
- 0.3 cup buttermilk
- 0.5 cup danish cheese blue crumbled
- 1 cup cranberries dried
- 0.5 cup pecans toasted roughly chopped
- 0.5 small onion red thinly sliced

- 4 servings salt and freshly cracked pepper black
- 0.3 cup cup heavy whipping cream sour
- 0.3 teaspoon sugar

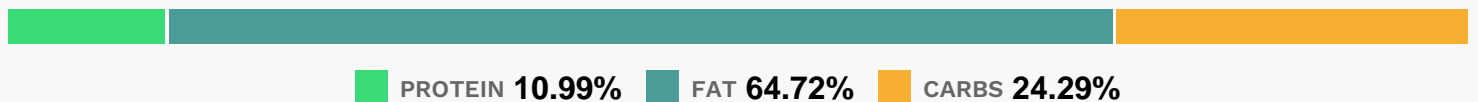
Equipment

- bowl
- frying pan
- paper towels
- oven
- slotted spoon

Directions

- Preheat oven to 350 degrees F.
- Fry chopped bacon in a medium skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer to a paper towel-lined 1/4-sheet tray to drain.
- Toast pecans in the oven on a 1/4-sheet tray until lightly golden and fragrant, about 6 minutes.
- In a medium bowl mash the blue cheese with a fork.
- Mix in the buttermilk, sour cream, sugar, salt and pepper, to taste.
- Combine baby spinach, red onion, pecans, dried cranberries and bacon in large bowl. Toss with the dressing immediately before serving.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:28.427391591279%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 538.63kcal (26.93%), Fat: 40.22g (61.88%), Saturated Fat: 13.28g (83.01%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 29.05g (10.56%), Sugar: 24.99g (27.76%), Cholesterol: 60.21mg (20.07%), Sodium: 852.66mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Vitamin K: 414.24µg (394.52%), Vitamin A: 8246.25IU (164.93%), Manganese: 1.43mg (71.41%), Folate: 178.02µg (44.5%), Vitamin C: 25.24mg (30.6%), Phosphorus: 252.99mg (25.3%), Magnesium: 98.38mg (24.59%), Selenium: 16.5µg (23.58%), Calcium: 222.58mg (22.26%), Vitamin B1: 0.33mg (21.97%), Potassium: 753.96mg (21.54%), Vitamin B2: 0.35mg (20.55%), Vitamin B6: 0.41mg (20.5%), Fiber: 4.9g (19.6%), Vitamin E: 2.89mg (19.27%), Vitamin B3: 3.42mg (17.11%), Iron: 3.07mg (17.03%), Copper: 0.32mg (16.03%), Zinc: 2.29mg (15.25%), Vitamin B12: 0.59µg (9.81%), Vitamin B5: 0.96mg (9.56%), Vitamin D: 0.51µg (3.37%)