



Spinach Salad with Curry Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound bacon
- 1 tablespoon curry powder
- 12 cups flat leaf spinach - dried rinsed
- 12 mushrooms fresh sliced
- 1 tablespoon mustard dijon-style prepared
- 3 tablespoons red wine vinegar
- 6 servings salt and pepper to taste
- 9 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk

Directions

- Trim the rind from the bacon and cut into 1 inch cubes.
- Place bacon in a large, deep skillet. Cook over medium high heat until brown and crispy. Cover and reduce heat to lowest setting to keep bacon warm.
- In a small, dry skillet, toast curry powder over medium heat, stirring often, until fragrant, about 30 seconds.
- Remove from heat.
- In a medium bowl, whisk together the vinegar and mustard.
- Add oil in a thin stream, whisking constantly, until the oil is completely incorporated.
- Add curry powder and whisk until smooth. Season to taste with salt and pepper.
- In a large bowl, toss together the bacon, spinach, mushrooms and vinaigrette until evenly coated. Adjust salt and pepper to taste and serve immediately.

Nutrition Facts

 **PROTEIN 8.94%**  **FAT 79.16%**  **CARBS 11.9%**

Properties

Glycemic Index:16.83, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:27.532173856445%

Flavonoids

Apigenin: 258.55mg, Apigenin: 258.55mg, Apigenin: 258.55mg, Apigenin: 258.55mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 17.81mg, Myricetin: 17.81mg, Myricetin: 17.81mg, Myricetin: 17.81mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 317.35kcal (15.87%), Fat: 29.21g (44.94%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.88g (2.08%), Cholesterol: 12.47mg (4.16%), Sodium: 416.73mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin K: 2006.55µg (1911%), Vitamin A: 10127.43IU (202.55%), Vitamin C: 160.6mg (194.67%), Folate: 190.91µg (47.73%), Iron: 8.09mg (44.96%), Potassium: 851.57mg (24.33%), Vitamin E: 2.88mg (19.22%), Fiber: 4.8g (19.2%), Vitamin B3: 3.82mg (19.12%), Vitamin B2: 0.3mg (17.54%), Magnesium: 69.91mg (17.48%), Calcium: 174.67mg (17.47%), Copper: 0.32mg (16.24%), Phosphorus: 138.01mg (13.8%), Manganese: 0.27mg (13.51%), Vitamin B1: 0.19mg (13%), Selenium: 8.66µg (12.37%), Vitamin B5: 1.19mg (11.91%), Zinc: 1.77mg (11.83%), Vitamin B6: 0.21mg (10.65%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.16µg (1.04%)