



Spinach Salad with Figs and Warm Bacon Vinaigrette

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 0.3 cup cheese blue crumbled
- 15 oz chickpeas dry rinsed drained canned
- 2 tablespoons cider vinegar
- 1 tablespoon dijon mustard
- 8 figs dried stemmed sliced
- 1 tablespoon olive oil

8 ounces pkt spinach

Equipment

bowl

frying pan

paper towels

whisk

Directions

Cook bacon in a large skillet over medium-high heat until crisp, about 5 minutes.

Remove bacon to a paper towel-lined plate; pour off 1 Tbsp. fat; reserve (about 1 Tbsp. will remain). When bacon has cooled, crumble.

Add chickpeas to same skillet and cook, stirring, until lightly browned and slightly crisped, 7 to 10 minutes.

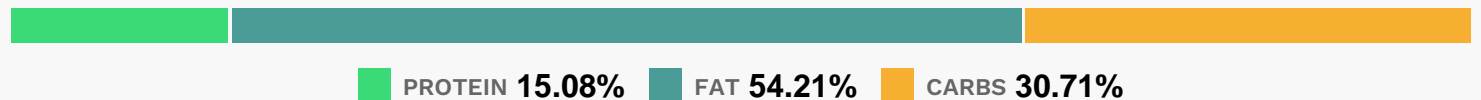
Place spinach in a large bowl; scatter chickpeas over spinach.

Remove skillet from heat and whisk in vinegar (watch out, as mixture may spatter).

Add mustard and, while skillet is still warm, whisk in reserved bacon fat and olive oil. Quickly scrape dressing into bowl with spinach and chickpeas.

Add figs and crumbled bacon. Toss together well, sprinkle with blue cheese, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:26.140435099602%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 348.63kcal (17.43%), Fat: 21.59g (33.21%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 19.86g (7.22%), Sugar: 8.03g (8.92%), Cholesterol: 28.11mg (9.37%), Sodium: 699.12mg (30.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Vitamin K: 278.72µg (265.45%), Vitamin A: 5413.47IU (108.27%), Manganese: 1.5mg (74.93%), Vitamin B6: 0.73mg (36.74%), Folate: 141.31µg (35.33%), Fiber: 7.65g (30.62%), Magnesium: 92.45mg (23.11%), Phosphorus: 208.37mg (20.84%), Vitamin C: 16.25mg (19.69%), Potassium: 676.34mg (19.32%), Iron: 3.42mg (19.03%), Selenium: 11.93µg (17.04%), Calcium: 168.38mg (16.84%), Copper: 0.3mg (15.14%), Vitamin B1: 0.19mg (12.83%), Vitamin E: 1.89mg (12.59%), Zinc: 1.78mg (11.87%), Vitamin B2: 0.2mg (11.63%), Vitamin B3: 2.08mg (10.41%), Vitamin B5: 0.76mg (7.64%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.17µg (1.16%)