



Spinach Salad with Garlic Dressing

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces bacon
- 1 clove garlic minced
- 8 ounces mushrooms thinly sliced
- 0.8 cup olive oil
- 0.3 cup red wine vinegar
- 1 pinch salt and pepper
- 1 pound pkt spinach

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- In a medium skillet, cook the bacon over medium-high heat until just crisp.
- Drain on paper towels and crumble when cool enough to handle. Set aside.
- In a small bowl, whisk together the oil, vinegar, salt, pepper and garlic.
- Wash the spinach leaves very well and spin dry. Tear the leaves into small pieces and place in a medium salad bowl.
- Add the mushrooms and bacon, and toss to combine.
- Pour 2/3 cup of the dressing over the salad (reserve the rest for another use) and toss again.
- Serve immediately.

Nutrition Facts

PROTEIN 13.64% **FAT 78.56%** **CARBS 7.8%**

Properties

Glycemic Index:15.67, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:22.080434747364%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 233.7kcal (11.69%), Fat: 20.83g (32.04%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.07g (1.19%), Cholesterol: 24.95mg (8.32%), Sodium: 319.29mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Vitamin K: 368.4µg (350.86%), Vitamin A: 7102.92IU (142.06%), Folate: 153.1µg (38.28%), Manganese: 0.71mg (35.65%), Vitamin C: 22.24mg (26.96%), Vitamin B2: 0.33mg (19.18%), Potassium: 622.83mg (17.8%), Vitamin B3: 3.44mg (17.18%), Selenium: 11.94µg (17.06%), Magnesium: 68.18mg (17.05%), Vitamin E: 2.48mg (16.53%), Vitamin B6: 0.29mg (14.67%), Iron: 2.48mg (13.76%),

Vitamin B1: 0.19mg (12.99%), Phosphorus: 125.54mg (12.55%), Copper: 0.24mg (11.84%), Vitamin B5: 0.83mg (8.28%), Fiber: 2.05g (8.21%), Calcium: 79.43mg (7.94%), Zinc: 1.05mg (7.01%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.23µg (1.51%)