



Spinach Salad with Honey Bacon Dressing

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 slices bacon crumbled cooked
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.3 cup green onion sliced
- ☐ 1 hardboiled egg chopped
- ☐ 0.5 cup honey
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1 teaspoon spicy brown mustard yellow

- ☐ 8 cups torn spinach fresh
- ☐ 1 medium tomatoes seeded chopped
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup vinegar

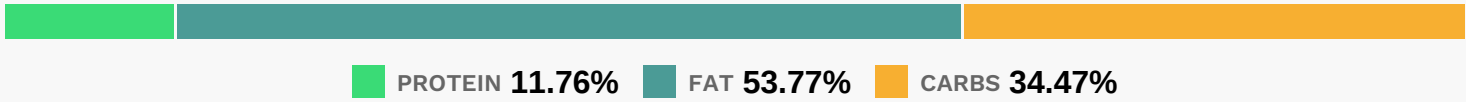
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients with 5 of the cooked, crumbled bacon strips in a large bowl.2 In a small bowl, whisk together the honey, vinegar, oil, mustard lemon juice and remaining 2 strips of cooked, crumbled bacon.3
- ☐ Pour over salad.4
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.91, Glycemic Load:9.59, Inflammation Score:-9, Nutrition Score:14.570869632389%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 228.35kcal (11.42%), Fat: 14.03g (21.59%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 19.12g (6.95%), Sugar: 18.39g (20.43%), Cholesterol: 34.49mg (11.5%), Sodium: 259.09mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.81%), Vitamin K: 169.42µg (161.35%), Vitamin A: 3056.71IU (61.13%), Folate: 68.33µg (17.08%), Manganese: 0.33mg (16.5%), Vitamin C: 11.73mg (14.21%), Selenium:

8.78µg (12.54%), Calcium: 114.4mg (11.44%), Phosphorus: 113.36mg (11.34%), Vitamin B2: 0.19mg (11.06%), Vitamin E: 1.56mg (10.43%), Potassium: 312.1mg (8.92%), Magnesium: 33.56mg (8.39%), Vitamin B3: 1.54mg (7.72%), Vitamin B6: 0.14mg (7.08%), Iron: 1.26mg (6.99%), Vitamin B1: 0.09mg (5.84%), Copper: 0.11mg (5.41%), Zinc: 0.76mg (5.09%), Fiber: 1.12g (4.47%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.22µg (1.47%)