



## Spinach Salad with Hot Salami Cubes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 4 eggs
- 1 tablespoon honey
- 0.1 teaspoon kosher salt
- 2 tablespoon olive oil
- 0.5 onion red sliced into rings
- 2 tablespoons red wine vinegar

- 0.3 pound genoa salami hard cut into 1/4-inch cubes (such as Genoa)
- 9 ounces pkt spinach stemmed cleaned

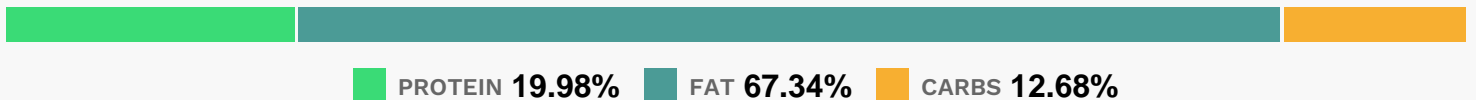
## Equipment

- frying pan
- whisk
- slotted spoon

## Directions

- Heat 1 tablespoon of the oil in a medium skillet over medium heat.
- Add the salami and cook until sizzling and browned, 2 to 3 minutes.
- Remove from heat. Using a slotted spoon, remove and set aside the salami, leaving the rendered fat.
- Add the mustard, honey, vinegar, salt, pepper, and the remaining 1 tablespoon of oil and whisk together to form a thin emulsion.
- Add the onion and salami and return to medium heat. Cook just until the onion wilts, about 1 minute. Divide the spinach among serving plates.
- Pour the hot salami dressing over the greens.
- Serve with the eggs, chopped, if desired. Tip: With its casing uncut, a whole salami can last for months if stored at a cool room temperature. Once cut, it can be refrigerated for up to 2 weeks if tightly wrapped.

## Nutrition Facts



## Properties

Glycemic Index:33.88, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:18.554782608281%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## **Nutrients (% of daily need)**

Calories: 186.79kcal (9.34%), Fat: 14.09g (21.68%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.59g (3.98%), Cholesterol: 124.05mg (41.35%), Sodium: 579.34mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.81%), Vitamin K: 208.43µg (198.51%), Vitamin A: 4148.09IU (82.96%), Folate: 98.66µg (24.66%), Manganese: 0.44mg (21.78%), Selenium: 15.16µg (21.65%), Vitamin B2: 0.28mg (16.61%), Vitamin C: 12.68mg (15.37%), Vitamin B1: 0.23mg (15.31%), Vitamin B12: 0.79µg (13.17%), Phosphorus: 128.16mg (12.82%), Vitamin B6: 0.25mg (12.52%), Vitamin E: 1.85mg (12.36%), Iron: 2.04mg (11.32%), Magnesium: 43.73mg (10.93%), Potassium: 370.72mg (10.59%), Zinc: 1.44mg (9.59%), Vitamin B3: 1.42mg (7.09%), Vitamin B5: 0.7mg (6.99%), Calcium: 65.44mg (6.54%), Copper: 0.11mg (5.72%), Fiber: 1.22g (4.87%), Vitamin D: 0.59µg (3.91%)