



## Spinach Salad with Mushrooms and Bacon

 Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 7 ounces baby spinach
- 6 slices bacon
- 3 tablespoons balsamic vinegar
- 1 teaspoon dijon mustard
- 0.5 teaspoon rosemary dried
- 0.5 teaspoon thyme leaves dried
- 0.5 cup olive oil
- 2 tablespoons olive oil

- 3 portabello mushrooms trimmed
- 1 onion red thinly sliced
- 8 servings salt and pepper

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- In a skillet, cook bacon until crisp, about 10 minutes.
- Drain on paper towels and let cool, then crumble.
- Cut mushrooms into strips and toss gently with olive oil, salt, pepper, thyme and rosemary. Warm a large skillet over medium-high heat. Cook mushrooms, stirring often, until tender and water has drained out, about 8 minutes.
- Remove from skillet to a bowl and let cool.
- Whisk together vinegar, mustard, salt and pepper.
- Slowly drizzle in olive oil, whisking constantly. In a large salad bowl, toss spinach, onion and mushrooms gently with dressing.
- Sprinkle bacon on top and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.38, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:12.836521656617%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

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

Calories: 147.6kcal (7.38%), Fat: 13g (19.99%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.38g (2.65%), Cholesterol: 10.89mg (3.63%), Sodium: 334.42mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 124.68µg (118.74%), Vitamin A: 2335.44IU (46.71%), Folate: 59.79µg (14.95%), Manganese: 0.28mg (13.99%), Selenium: 9.71µg (13.87%), Vitamin B3: 2.28mg (11.41%), Vitamin E: 1.48mg (9.89%), Vitamin C: 8.03mg (9.73%), Potassium: 314.15mg (8.98%), Vitamin B6: 0.16mg (7.81%), Phosphorus: 75.87mg (7.59%), Copper: 0.14mg (6.87%), Vitamin B2: 0.11mg (6.21%), Vitamin B1: 0.09mg (6.09%), Magnesium: 24.13mg (6.03%), Iron: 1.03mg (5.75%), Fiber: 1.24g (4.97%), Vitamin B5: 0.49mg (4.86%), Zinc: 0.53mg (3.53%), Calcium: 32.95mg (3.29%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.16µg (1.07%)