



Spinach Salad with Warm Bacon and Apple Cider Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 10 ounces pre-washed baby spinach
- ☐ 2 slices bacon finely chopped
- ☐ 1 pound button mushrooms coarsely chopped
- ☐ 3 ounces canadian bacon finely chopped
- ☐ 1 teaspoon dijon mustard

- ☐ 2 teaspoons olive oil
- ☐ 2 servings salt and pepper

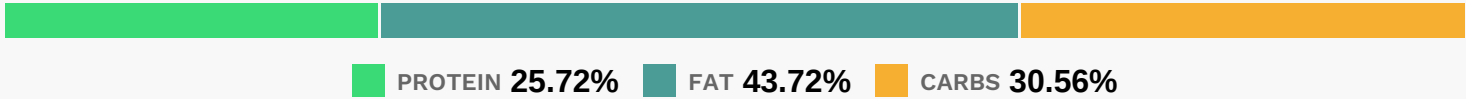
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Place spinach into a large bowl. Cook bacon in a large skillet over medium heat for about 4 minutes, or until it is just crispy.
- ☐ Add Canadian bacon to the skillet and cook for 2 more minutes, stirring frequently.
- ☐ Remove meat from pan and place on a plate lined with paper towels.
- ☐ Drain any remaining fat from the skillet.
- ☐ Add olive oil and onions to the skillet and cook for about 2 minutes, or until onions soften slightly.
- ☐ Add mushrooms to the pan and cook, stirring frequently, for 2 more minutes. Put onions and mushrooms on top of the spinach.
- ☐ Add apple cider and vinegar to the skillet and turn the heat up to medium-high. Stir to scrape up any bits that are stuck to the bottom of the pan and cook for 8 to 10 minutes or until cider is reduced to about 1/2 cup.
- ☐ Whisk in mustard, salt and pepper, to taste.
- ☐ Pour warm cider dressing over the mushrooms and spinach and toss until the vegetables are well coated.
- ☐ Sprinkle the bacon on top and serve.

Nutrition Facts



Properties

Glycemic Index:88.38, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:45.296086477197%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 335.32kcal (16.77%), Fat: 17.26g (26.55%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 21.41g (7.79%), Sugar: 16.53g (18.37%), Cholesterol: 35.78mg (11.93%), Sodium: 880.22mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.68%), Vitamin K: 687.09µg (654.37%), Vitamin A: 13302.77IU (266.06%), Folate: 315.42µg (78.86%), Manganese: 1.53mg (76.29%), Vitamin B2: 1.29mg (76.02%), Vitamin B3: 12.85mg (64.24%), Vitamin C: 45.67mg (55.35%), Selenium: 38.55µg (55.07%), Potassium: 1835.97mg (52.46%), Copper: 0.95mg (47.56%), Vitamin B1: 0.7mg (46.92%), Phosphorus: 411.68mg (41.17%), Vitamin B5: 3.9mg (38.96%), Vitamin B6: 0.76mg (37.98%), Magnesium: 150.12mg (37.53%), Iron: 5.59mg (31.06%), Vitamin E: 3.68mg (24.54%), Fiber: 5.73g (22.92%), Zinc: 2.83mg (18.85%), Calcium: 163.86mg (16.39%), Vitamin D: 1.73µg (11.55%), Vitamin B12: 0.49µg (8.09%)