



Spinach Salad with Warm Bacon Dressing

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 large eggs
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 ounces onion red very thinly sliced 1 small
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 ounces young spinach
- ☐ 1 teaspoon sugar
- ☐ 8 pieces thick- bacon chopped

☐ 4 large mushrooms white sliced

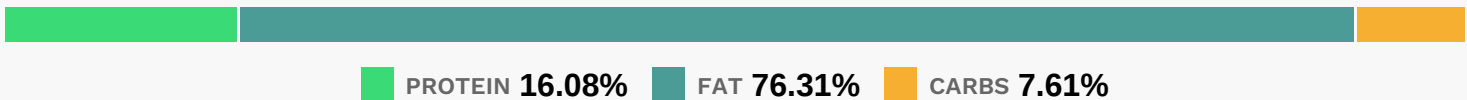
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the stems from the spinach and wash, drain and pat dry thoroughly.
- ☐ Place into a large mixing bowl and set aside.
- ☐ Place the eggs into an electric kettle and cover with cold water by at least 1-inch. Turn the kettle on. Once the water comes to a boil, the kettle will turn itself off. Leave the eggs in the water for 15 minutes.
- ☐ Remove and peel off the shell. Slice each egg into 8 pieces and set aside.
- ☐ While the eggs are cooking, fry the bacon and remove to a paper towel to drain, reserving 3 tablespoons of the rendered fat. Crumble the bacon and set aside.
- ☐ Transfer the fat to a small saucepan set over low heat and whisk in the red wine vinegar, sugar and Dijon mustard. Season with a small pinch each of kosher salt and black pepper.
- ☐ Add the mushrooms and the sliced onion to the spinach and toss.
- ☐ Add the dressing and bacon and toss to combine. Divide the spinach between 4 plates or bowls and evenly divide the egg among them. Season with pepper, as desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:23.66869565715%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 369.22kcal (18.46%), Fat: 31.3g (48.16%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 5.13g (1.86%), Sugar: 2.7g (2.99%), Cholesterol: 140.52mg (46.84%), Sodium: 566.74mg (24.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Vitamin K: 274.19µg (261.13%), Vitamin A: 5479.73IU (109.59%), Selenium: 25.18µg (35.98%), Folate: 129.76µg (32.44%), Manganese: 0.58mg (29.12%), Vitamin B2: 0.38mg (22.28%), Vitamin C: 18.05mg (21.88%), Vitamin B3: 4.18mg (20.92%), Phosphorus: 208.64mg (20.86%), Vitamin B6: 0.39mg (19.74%), Vitamin B1: 0.28mg (18.84%), Potassium: 604.3mg (17.27%), Magnesium: 61.55mg (15.39%), Iron: 2.5mg (13.89%), Vitamin B5: 1.19mg (11.93%), Vitamin E: 1.73mg (11.55%), Zinc: 1.64mg (10.91%), Copper: 0.21mg (10.32%), Vitamin B12: 0.59µg (9.86%), Calcium: 80.83mg (8.08%), Fiber: 1.89g (7.56%), Vitamin D: 0.83µg (5.56%)