



WHATSheATE



Spinach Salad with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.8 teaspoon dijon mustard
- ☐ 6 servings kosher salt
- ☐ 1.5 teaspoons brown sugar light packed
- ☐ 0.8 cup pecans toasted coarsely chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 1 medium shallots minced
- ☐ 2 pounds pkt spinach dried washed stemmed

☐ 9 ounces bacon smoked

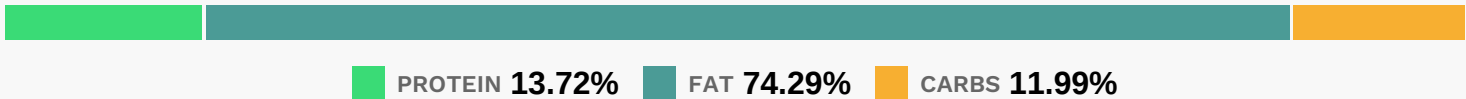
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large frying pan over medium heat.
- ☐ Add the bacon and cook, stirring occasionally, until browned and crispy, about 4 minutes.
- ☐ Remove the bacon to a paper-towel-lined plate and set aside. Discard all but 3 tablespoons of the fat.
- ☐ Place the pan with the remaining bacon fat over medium heat, add the shallot, and cook until fragrant, about 30 seconds.
- ☐ Whisk in the vinegar, brown sugar, and Dijon mustard; remove from heat and season with salt and pepper.
- ☐ Combine the spinach, reserved bacon, and pecans in a large bowl.
- ☐ Add the vinaigrette and toss to coat. Season with additional salt and pepper and serve immediately. Beverage pairing: Niklas Sauvignon Blanc, Alto Adige, Italy. This dish is rich with bacon fat and tart with vinegar, so a high-acid wine is needed to stand up to both. This bright Sauvignon from the northern reaches of Italy's Alto Adige has the tartness and pungency to balance the dish.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:31.517825660498%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg

Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 308.83kcal (15.44%), Fat: 26.41g (40.62%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 4.88g (1.78%), Sugar: 2.43g (2.7%), Cholesterol: 28.07mg (9.36%), Sodium: 604.02mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin K: 730.92µg (696.12%), Vitamin A: 14201.61IU (284.03%), Manganese: 1.96mg (97.78%), Folate: 297.53µg (74.38%), Vitamin C: 43.06mg (52.19%), Magnesium: 141.76mg (35.44%), Potassium: 1003.94mg (28.68%), Iron: 4.75mg (26.41%), Vitamin E: 3.43mg (22.87%), Vitamin B6: 0.45mg (22.47%), Vitamin B1: 0.32mg (21.38%), Vitamin B2: 0.34mg (19.87%), Fiber: 4.7g (18.8%), Copper: 0.37mg (18.55%), Phosphorus: 174.57mg (17.46%), Calcium: 165mg (16.5%), Selenium: 10.81µg (15.44%), Vitamin B3: 2.96mg (14.82%), Zinc: 1.89mg (12.62%), Vitamin B5: 0.46mg (4.58%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.17µg (1.13%)