



## 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

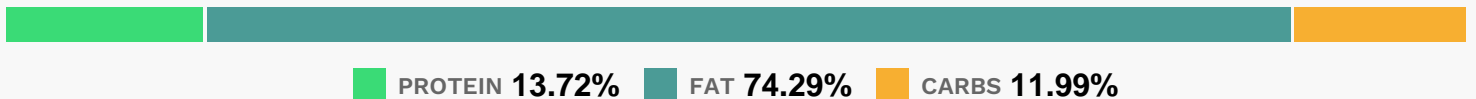
## Equipment

- 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

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## **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: 0g (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%)