



Spinach Salad with Warm Balsamic Walnut Dressing

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup heinz balsamic vinegar
- 4 oz athenos feta cheese crumbled traditional
- 1 cup mushrooms fresh sliced
- 2 hard-cooked eggs quartered
- 0.3 cup olive oil
- 0.3 tsp pepper
- 0.5 onion red sliced

- 0.5 tsp salt
- 10 oz pkt spinach washed drained
- 8 slices oscar mayer center cut bacon
- 0.5 cup planters walnuts coarsely chopped

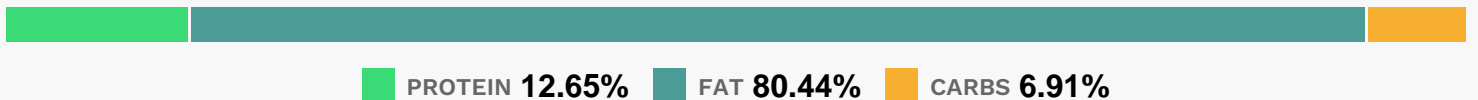
Equipment

- bowl
- frying pan
- paper towels

Directions

- Toss spinach with mushrooms, cheese and onions in large bowl; set aside.
- Cook bacon in large skillet on medium heat to desired crispness, turning frequently.
- Remove bacon from skillet; reserve 2 Tbsp. of the drippings in skillet.
- Place bacon on paper towels to drain.
- Add walnuts to reserved drippings in skillet. Cook 1 to 2 min. or until lightly toasted, stirring occasionally. Stir in vinegar, oil, salt and pepper. Cook 30 sec. or until heated through.
- Pour hot dressing over salad; toss to coat. Top with eggs. Crumble bacon; sprinkle over salad.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:7.0813043583994%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 107.28kcal (5.36%), Fat: 9.72g (14.95%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.7g (0.78%), Cholesterol: 26.56mg (8.85%), Sodium: 189.36mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin K: 56.27µg (53.59%), Vitamin A: 1108.16IU (22.16%), Manganese: 0.2mg (9.79%), Folate: 28.58µg (7.14%), Selenium: 4.83µg (6.89%), Vitamin B2: 0.11mg (6.42%), Phosphorus: 56.86mg (5.69%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.66mg (4.38%), Vitamin C: 3.46mg (4.19%), Vitamin B1: 0.06mg (4.16%), Magnesium: 16.21mg (4.05%), Calcium: 39.91mg (3.99%), Vitamin B3: 0.76mg (3.8%), Copper: 0.07mg (3.64%), Potassium: 122.83mg (3.51%), Zinc: 0.47mg (3.11%), Iron: 0.56mg (3.09%), Vitamin B12: 0.18µg (3%), Vitamin B5: 0.24mg (2.45%), Fiber: 0.49g (1.95%), Vitamin D: 0.16µg (1.07%)