



Spinach-Shrimp Salad with Hot Bacon Dressing

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon cut into 1-inch pieces
- 0.3 cup vinegar white
- 1 tablespoon sugar
- 0.3 teaspoon ground mustard
- 4 cups pkt spinach packed
- 3 ounces mushrooms fresh sliced
- 4 ounces feta cheese crumbled

0.5 pound shrimp deveined cooked peeled

Equipment

bowl

frying pan

Directions

Cook bacon in 10-inch skillet over medium-high heat, stirring occasionally, until crisp. Stir in vinegar, sugar and mustard; continue stirring until sugar is dissolved.

Toss spinach, mushrooms, cheese and shrimp in large bowl.

Drizzle hot bacon dressing over spinach mixture; toss to coat.

Serve immediately.

Nutrition Facts

 **PROTEIN 32.64%** **FAT 57.13%** **CARBS 10.23%**

Properties

Glycemic Index:105.55, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:31.366521690203%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 483.38kcal (24.17%), Fat: 30.72g (47.26%), Saturated Fat: 13.57g (84.81%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.61g (3.86%), Sugar: 7.11g (7.9%), Cholesterol: 262.07mg (87.36%), Sodium: 1122.85mg (48.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.49g (78.98%), Vitamin K: 290.83µg (276.98%), Vitamin A: 5881.83IU (117.64%), Phosphorus: 566.42mg (56.64%), Vitamin B2: 0.8mg (47.08%), Calcium: 417.61mg (41.76%), Folate: 142.18µg (35.54%), Copper: 0.7mg (34.86%), Selenium: 22.62µg (32.31%), Manganese: 0.64mg (32.01%), Zinc: 4.23mg (28.2%), Magnesium: 108.21mg (27.05%), Vitamin B6: 0.52mg (25.98%), Potassium: 894.27mg (25.55%), Vitamin B3: 4.31mg (21.56%), Vitamin C: 17.77mg (21.54%), Vitamin B12: 1.2µg (19.92%), Vitamin B1: 0.29mg (19.47%), Iron: 3.01mg (16.74%), Vitamin B5: 1.47mg (14.7%), Vitamin E: 1.53mg (10.17%), Fiber: 1.78g (7.1%), Vitamin D: 0.49µg (3.25%)