



Spinach, White Bean, and Bacon Salad with Maple-Mustard Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce cannellini beans rinsed drained canned
- ☐ 3 tablespoons cider vinegar
- ☐ 5 bacon crumbled cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin

- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

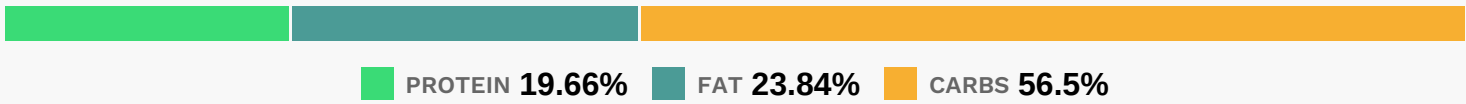
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine first 6 ingredients in a small microwave-safe bowl, stirring with a whisk; microwave at HIGH 1 minute or until hot.
- ☐ Place beans in a 2-cup glass measure; microwave at HIGH 1 minute or until hot.
- ☐ Combine onions, bell pepper, bacon, and spinach in a large bowl.
- ☐ Add syrup mixture and beans; toss well to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:21.181739135929%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 146.97kcal (7.35%), Fat: 4.02g (6.18%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 17.19g (6.25%), Sugar: 6.82g (7.58%), Cholesterol: 4.95mg (1.65%), Sodium: 221.29mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin K: 254.2µg (242.1%), Vitamin A: 5009.5IU

(100.19%), Manganese: 0.95mg (47.6%), Folate: 149.16µg (37.29%), Vitamin C: 27.76mg (33.65%), Magnesium: 74.53mg (18.63%), Fiber: 4.24g (16.95%), Vitamin B2: 0.28mg (16.49%), Potassium: 561.9mg (16.05%), Iron: 2.46mg (13.64%), Phosphorus: 125.72mg (12.57%), Vitamin B1: 0.16mg (10.93%), Vitamin B6: 0.21mg (10.71%), Vitamin E: 1.47mg (9.79%), Calcium: 96.81mg (9.68%), Selenium: 5.98µg (8.54%), Copper: 0.17mg (8.36%), Vitamin B3: 1.28mg (6.4%), Zinc: 0.91mg (6.04%), Vitamin B5: 0.28mg (2.82%)