



HEALTH SCORE

74%

Spring leaf salad



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



903 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 225 g pancetta cut into small cubes or lardons, or bacon bits
- ☐ 250 g pack chestnut mushrooms mixed fresh sliced
- ☐ 1 large garlic clove finely chopped
- ☐ 50 ml red wine vinegar
- ☐ 150 ml olive oil extra-virgin
- ☐ 440 g chickpeas drained and rinsed canned
- ☐ 350 g young spinach leaves fresh washed and dried if necessary
- ☐ 225 g cheese blue good crumbled (roquefort is)

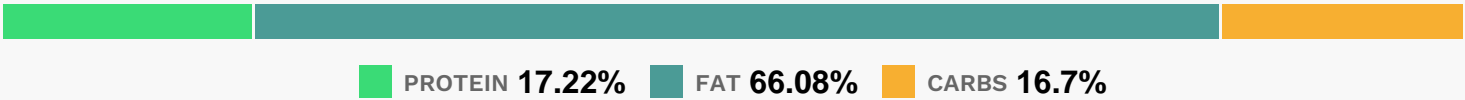
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Sizzle the pancetta in a frying pan over a low heat for 10 minutes until golden and beginning to crisp.
- ☐ Remove the pancetta with a slotted spoon to a plate lined with kitchen paper. Raise the heat and throw the mushrooms in with the pancetta fat. Fry the mushrooms for 3–5 minutes until cooked and golden.
- ☐ Remove to a bowl with a slotted spoon.
- ☐ Add the garlic to the pan and fry for a minute until lightly brown.
- ☐ Pour in the vinegar and boil furiously to deglaze the pan. When the vinegar has reduced to a couple of tbsp take the pan off the heat and stir in the olive oil to make a dressing. Season to taste, and set aside.
- ☐ Put the chickpeas,mushrooms, pancetta and spinach into a large salad bowl and mix with your hands.
- ☐ Add the dressing and toss thoroughly, adding half the cheese at the end so as not to break it up too much.
- ☐ Serve the salad scattered with the remaining cheese.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:45.422173665917%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol:

5.58mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 903.16kcal (45.16%), Fat: 67.5g (103.85%), Saturated Fat: 17.82g (111.35%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 25.5g (9.27%), Sugar: 1.73g (1.92%), Cholesterol: 42.19mg (14.06%), Sodium: 2023mg (87.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.57g (79.13%), Vitamin K: 444.6µg (423.43%), Vitamin A: 8650.63IU (173.01%), Manganese: 1.8mg (89.84%), Folate: 304.58µg (76.15%), Vitamin E: 10.74mg (71.57%), Phosphorus: 547.78mg (54.78%), Fiber: 12.89g (51.57%), Calcium: 492.64mg (49.26%), Copper: 0.92mg (46.19%), Vitamin B6: 0.91mg (45.37%), Selenium: 31.75µg (45.36%), Vitamin B2: 0.74mg (43.72%), Magnesium: 171.52mg (42.88%), Vitamin B1: 0.52mg (34.54%), Potassium: 1160.49mg (33.16%), Vitamin C: 26.06mg (31.59%), Zinc: 4.47mg (29.81%), Iron: 4.81mg (26.75%), Vitamin B12: 1.42µg (23.73%), Vitamin B3: 4.63mg (23.15%), Vitamin B5: 2.3mg (23%), Vitamin D: 0.34µg (2.29%)