



Tangy Spinach Salad

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 0.5 teaspoon celery seed
- ☐ 0.3 cup bacon crumbled cooked
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 hardboiled eggs crumbled
- ☐ 0.5 onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 9 ounce pkt spinach fresh chopped
- ☐ 0.7 cup herb-seasoned stuffing mix cubed pepperidge farm® such as Herb Seasoned Stuffing
- ☐ 0.3 cup sugar white
- ☐ 1.5 tablespoons mustard yellow prepared

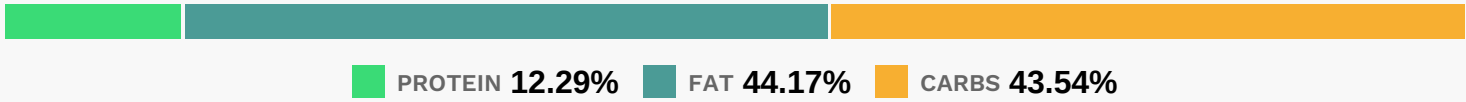
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk onion, sugar, apple cider vinegar, canola oil, yellow mustard, salt, celery seed, and black pepper together in a bowl until well combined. Chill in refrigerator at least 2 hours to blend flavors.
- ☐ Mix spinach, stuffing mix, eggs, and bacon together in a large bowl.
- ☐ Add dressing and stir to coat.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:6.15, Inflammation Score:-9, Nutrition Score:16.679130471271%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 235.18kcal (11.76%), Fat: 11.6g (17.84%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 24.12g (8.77%), Sugar: 10.65g (11.84%), Cholesterol: 74.8mg (24.93%), Sodium: 581.78mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Vitamin K: 159.48µg (151.89%), Vitamin A: 3092.8IU (61.86%), Selenium: 19.01µg (27.16%), Folate: 104.77µg (26.19%), Manganese: 0.47mg (23.32%), Vitamin B2:

0.25mg (14.87%), Vitamin E: 2.17mg (14.49%), Vitamin B1: 0.19mg (12.67%), Vitamin C: 9.5mg (11.52%), Iron: 2.03mg (11.25%), Phosphorus: 100.36mg (10.04%), Magnesium: 39.49mg (9.87%), Vitamin B3: 1.9mg (9.51%), Potassium: 296.07mg (8.46%), Vitamin B6: 0.15mg (7.58%), Calcium: 67.13mg (6.71%), Fiber: 1.6g (6.4%), Copper: 0.1mg (5.22%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.26µg (4.39%), Vitamin B5: 0.43mg (4.32%), Vitamin D: 0.43µg (2.88%)