



The Best Spinach Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds raw chopped
- ☐ 4 slices bacon
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup cider vinegar
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 hard-cooked eggs sliced
- ☐ 0.5 cup catsup

- ☐ 1 tablespoon sunflower seeds raw
- ☐ 1 teaspoon salt
- ☐ 0.8 pound pkt spinach fresh
- ☐ 2 tablespoons onion sweet chopped
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon worcestershire sauce

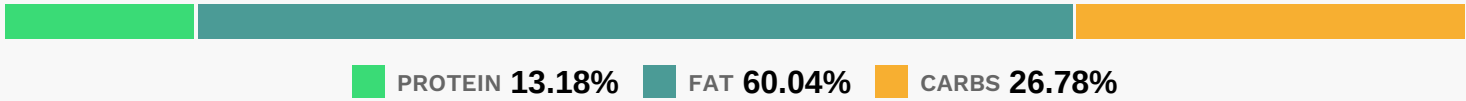
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Arrange bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon on paper towels and crumble.
- ☐ Layer spinach, bacon, eggs, and onion in a large bowl.
- ☐ Sprinkle with almonds and sunflower seeds.
- ☐ Whisk vegetable oil, ketchup, vinegar, brown sugar, Worcestershire sauce, garlic, salt, and black pepper in a bowl; pour over spinach mixture and toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:26.215217175691%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 304.63kcal (15.23%), Fat: 20.99g (32.3%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 18.15g (6.6%), Sugar: 13.88g (15.42%), Cholesterol: 107.77mg (35.92%), Sodium: 1155.83mg (50.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.73%), Vitamin K: 422.26µg (402.15%), Vitamin A: 8273.19IU (165.46%), Manganese: 1.06mg (52.76%), Folate: 188.18µg (47.05%), Vitamin E: 5.13mg (34.19%), Vitamin C: 26.19mg (31.75%), Vitamin B2: 0.43mg (25.31%), Magnesium: 100.77mg (25.19%), Potassium: 751.99mg (21.49%), Selenium: 14.97µg (21.38%), Iron: 3.47mg (19.27%), Vitamin B6: 0.36mg (18.07%), Phosphorus: 171.58mg (17.16%), Vitamin B1: 0.2mg (13.39%), Copper: 0.27mg (13.32%), Calcium: 132.1mg (13.21%), Vitamin B3: 2.39mg (11.93%), Fiber: 2.93g (11.7%), Zinc: 1.34mg (8.94%), Vitamin B12: 0.39µg (6.46%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.64µg (4.25%)