



Tropical Salad with Pineapple Vinaigrette



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 0.3 cup coconut or flaked toasted
- ☐ 3 green onions chopped
- ☐ 0.5 cup macadamia nuts toasted chopped
- ☐ 0.3 cup olive oil
- ☐ 1 cup pineapple fresh diced
- ☐ 0.3 cup pineapple juice

- ☐ 3 tablespoons red wine vinegar
- ☐ 10 ounce romaine lettuce chopped
- ☐ 6 servings salt to taste

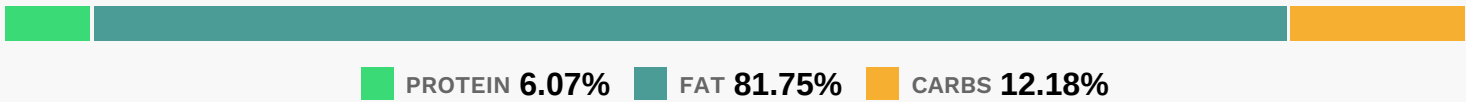
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly browned, about 10 minutes.
- ☐ Drain, crumble, and set aside.
- ☐ Combine pineapple juice, red wine vinegar, oil, pepper and salt in a lidded jar or cruet. Cover and shake well.
- ☐ Toss lettuce, pineapple, macadamia nuts, green onions and bacon together in a large bowl.
- ☐ Pour dressing over salad and toss to coat.
- ☐ Garnish with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:15.733043626599%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 305.44kcal (15.27%), Fat: 28.68g (44.12%), Saturated Fat: 7.57g (47.28%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.16g (5.74%), Cholesterol: 14.52mg (4.84%), Sodium: 347.31mg (15.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin A: 4200.35IU (84.01%), Vitamin K:

66.66µg (63.49%), Manganese: 0.96mg (48.25%), Vitamin C: 17.37mg (21.06%), Folate: 76.38µg (19.1%), Vitamin B1: 0.26mg (17.41%), Fiber: 3.12g (12.46%), Vitamin E: 1.57mg (10.46%), Copper: 0.19mg (9.44%), Vitamin B6: 0.18mg (8.97%), Magnesium: 33.12mg (8.28%), Selenium: 5.75µg (8.21%), Potassium: 284.29mg (8.12%), Phosphorus: 80.11mg (8.01%), Iron: 1.37mg (7.63%), Vitamin B3: 1.52mg (7.6%), Vitamin B2: 0.09mg (5.11%), Zinc: 0.66mg (4.37%), Calcium: 37.38mg (3.74%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.11µg (1.83%)