



Tropical Wilted Spinach Salad

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



28

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz baby spinach leaves
- 6 slices oscar mayer bacon
- 0.3 cup brown sugar divided packed
- 0.3 tsp pepper red crushed
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 cup papayas chopped
- 1 onion red thinly sliced
- 2 star fruit seeded sliced

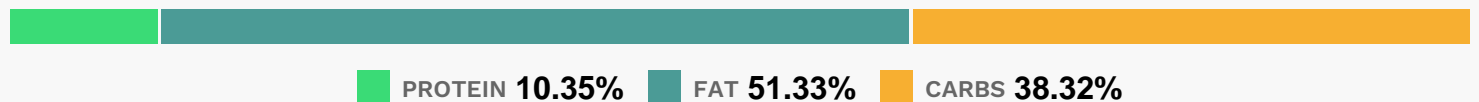
Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil

Directions

- Heat oven to 400F.
- Place wire cooling rack in shallow foil-lined pan; spray with cooking spray.
- Place 2 Tbsp. brown sugar in pie plate.
- Add bacon, 1 slice at a time; turn to evenly coat both sides of slice.
- Place on wire rack.
- Bake 18 min. or until crisp and golden brown.
- Meanwhile, cook onions in 2 Tbsp. dressing in medium skillet on medium heat 8 min. or until crisp-tender, stirring occasionally.
- Add crushed pepper; cook and stir 1 min. Stir in remaining brown sugar and dressing.
- Crumble bacon.
- Place spinach in large bowl.
- Add half the dressing mixture; toss to coat. Top with fruit and bacon; drizzle with remaining dressing mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.49, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:5.8365216695744%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 40.74kcal (2.04%), Fat: 2.4g (3.7%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.43g (1.25%), Sugar: 3g (3.33%), Cholesterol: 3.11mg (1.04%), Sodium: 63.17mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin K: 60.02µg (57.16%), Vitamin A: 1198.62IU (23.97%), Vitamin C: 8.99mg (10.9%), Folate: 26.97µg (6.74%), Manganese: 0.12mg (6.06%), Magnesium: 12.57mg (3.14%), Potassium: 105.33mg (3.01%), Fiber: 0.61g (2.43%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.35mg (2.3%), Iron: 0.4mg (2.21%), Vitamin B1: 0.03mg (1.79%), Vitamin B2: 0.03mg (1.79%), Selenium: 1.23µg (1.75%), Vitamin B3: 0.33mg (1.65%), Calcium: 16.32mg (1.63%), Copper: 0.03mg (1.6%), Phosphorus: 15.61mg (1.56%)