



 **53%**
HEALTH SCORE

Turkey Bacon Summer Spinach Salad

 **Gluten Free**

READY IN



15 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup planters almonds sliced
- 8 cups baby spinach leaves
- 0.5 cup blueberries fresh
- 0.3 cup natural feta cheese crumbles kraft
- 1 cup raspberries fresh
- 0.5 cup raspberry vinaigrette with poppyseed dressing made with extra virgin olive oil kraft
- 4 slices oscar mayer selects uncured turkey bacon cooked cut into 1/2-inch pieces

Equipment

Directions

- Place spinach on 4 salad plates.
- Top with all remaining ingredients except dressing.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:22.21043478406%

Flavonoids

Cyanidin: 15.44mg, Cyanidin: 15.44mg, Cyanidin: 15.44mg, Cyanidin: 15.44mg Petunidin: 5.93mg, Petunidin: 5.93mg, Petunidin: 5.93mg, Petunidin: 5.93mg Delphinidin: 6.95mg, Delphinidin: 6.95mg, Delphinidin: 6.95mg, Delphinidin: 6.95mg Malvidin: 12.54mg, Malvidin: 12.54mg, Malvidin: 12.54mg, Malvidin: 12.54mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 199.3kcal (9.96%), Fat: 14.68g (22.59%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 6.04g (2.2%), Sugar: 3.67g (4.08%), Cholesterol: 22.06mg (7.35%), Sodium: 474.83mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Vitamin K: 300.12µg (285.83%), Vitamin A: 5685.71IU (113.71%), Manganese: 0.94mg (46.77%), Folate: 130.6µg (32.65%), Vitamin C: 26.51mg (32.14%), Vitamin E: 4mg (26.63%), Magnesium: 76.48mg (19.12%), Vitamin B2: 0.31mg (18.27%), Fiber: 4.43g (17.73%), Phosphorus: 163.97mg (16.4%), Potassium: 497.66mg (14.22%), Iron: 2.48mg (13.8%), Calcium: 131.01mg (13.1%), Vitamin B6: 0.24mg (11.78%), Copper: 0.2mg (9.94%), Zinc: 1.35mg (8.98%), Selenium: 5.93µg (8.48%),

Vitamin B3: 1.49mg (7.43%), Vitamin B1: 0.1mg (6.52%), Vitamin B12: 0.21µg (3.48%), Vitamin B5: 0.28mg (2.78%)