



Warm Bacon-Mushroom Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces bacon (4 slices)
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons flat parsley chopped
- ☐ 4 servings kosher salt
- ☐ 2 cups mushrooms sliced
- ☐ 3 tablespoons sherry vinegar
- ☐ 2 tablespoons vegetable oil

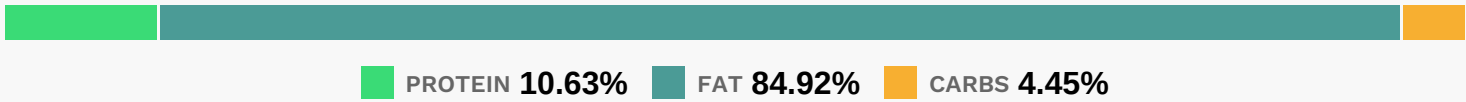
Equipment

☐ frying pan

Directions

- ☐ Cut 4 ounces bacon (about 4 slices) into 1/2"-wide strips.Cook bacon with 3 tablespoons water in a medium skillet over medium heat,stirring often, until bacon starts to crisp.
- ☐ Add 2 cups sliced mushrooms;cook, tossing occasionally, until tender, 5–6 minutes.
- ☐ Add 3 tablespoons
- ☐ Sherry vinegar and 1/4 cup water; simmer until reduced by half, about1 minute. Stir in 2 tablespoons vegetable oil. Season with kosher salt andfreshly ground black pepper. Stir in 2 tablespoons chopped flat-leaf parsley.DO AHEAD: Can be made 1 day ahead. Rewarm before using.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:7.2226086621699%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 192kcal (9.6%), Fat: 18.23g (28.05%), Saturated Fat: 4.83g (30.22%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.97g (1.08%), Cholesterol: 18.71mg (6.24%), Sodium: 385.9mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Vitamin K: 45.47µg (43.3%), Selenium: 10.17µg (14.53%), Vitamin B3: 2.9mg (14.5%), Vitamin B2: 0.22mg (12.83%), Vitamin B5: 0.89mg (8.85%), Copper: 0.17mg (8.51%), Phosphorus: 84.32mg (8.43%), Vitamin B1: 0.12mg (7.93%), Potassium: 225.61mg (6.45%), Vitamin B6: 0.13mg (6.37%), Vitamin E: 0.7mg (4.66%), Vitamin C: 3.72mg (4.51%), Zinc: 0.61mg (4.07%), Vitamin A: 179.52IU (3.59%), Iron: 0.54mg (3.02%), Folate: 11.22µg (2.8%), Vitamin B12: 0.16µg (2.68%), Manganese: 0.05mg (2.37%), Magnesium: 9.35mg (2.34%), Fiber: 0.57g (2.29%), Vitamin D: 0.21µg (1.4%)