



Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons shallots chopped
- ☐ 0.1 teaspoon sugar
- ☐ 4 slices center-cut bacon

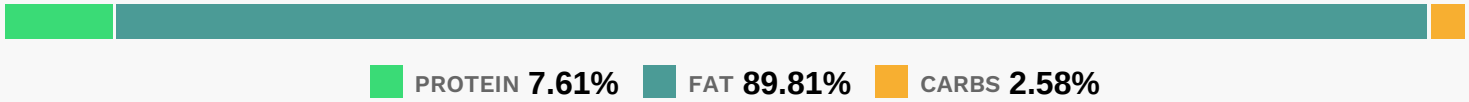
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add bacon to pan; cook until crisp.
- ☐ Remove bacon, reserving 1 1/2 tablespoons drippings in pan. Crumble bacon.
- ☐ Add crumbled bacon and shallots to pan; cook for 1 minute, stirring frequently.
- ☐ Remove from heat, and stir in vinegar and next 3 ingredients (through sugar). Gradually add olive oil to the vinegar mixture, stirring constantly with a whisk.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.6943478215%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 125.12kcal (6.26%), Fat: 12.42g (19.11%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.27g (0.3%), Cholesterol: 11.88mg (3.96%), Sodium: 126.9mg (5.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin E: 0.84mg (5.58%), Selenium: 3.86µg (5.52%), Vitamin B3: 0.73mg (3.67%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.29µg (3.14%), Phosphorus: 28.64mg (2.86%), Vitamin B6: 0.06mg (2.86%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.09µg (1.5%), Potassium: 48.01mg (1.37%), Manganese: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.1%)