



Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



10

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 5 tablespoons balsamic vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons coarse grained mustard
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons orange juice
- ☐ 0.5 teaspoon salt

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4 tablespoons shallots minced

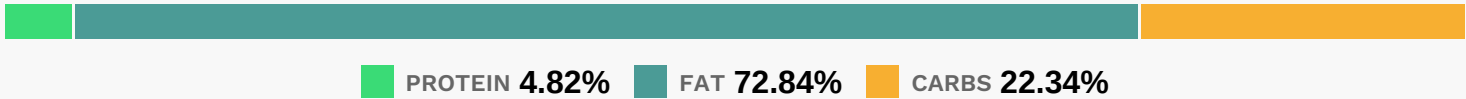
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon, and reserve for another use.
- ☐ Cook shallots and garlic in hot drippings over medium heat, stirring occasionally, 3 minutes or until tender.
- ☐ Add brown sugar, and cook, stirring constantly, 1 minute or until sugar is dissolved.
- ☐ Process garlic mixture, orange juice, and next 4 ingredients in a blender until combined.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:2.3743478416101%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 10.88g (16.73%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.13g (2.59%), Sugar: 5.94g (6.6%), Cholesterol: 5.81mg (1.94%), Sodium: 227.88mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin E: 1.1mg (7.32%), Vitamin C: 5.94mg (7.2%), Selenium: 3.63µg (5.18%), Vitamin K: 4.47µg (4.26%), Manganese: 0.07mg (3.63%), Vitamin B6: 0.07mg

(3.29%), Vitamin B1: 0.05mg (3.17%), Phosphorus: 25.78mg (2.58%), Potassium: 78.19mg (2.23%), Vitamin B3: 0.44mg (2.22%), Iron: 0.33mg (1.82%), Magnesium: 6.86mg (1.72%), Fiber: 0.38g (1.5%), Calcium: 14.06mg (1.41%), Folate: 4.82µg (1.2%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.08%)