



Warm Brussels Sprout, Bacon and Spinach Salad



Gluten Free



Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



8 slices bacon



2 cups brussels sprouts trimmed thinly sliced



1.5 teaspoons caraway seed



0.5 pound pkt spinach washed and dried chopped



3 tablespoons vegetable oil



0.3 teaspoon sugar white



3 tablespoons citrus champagne vinegar

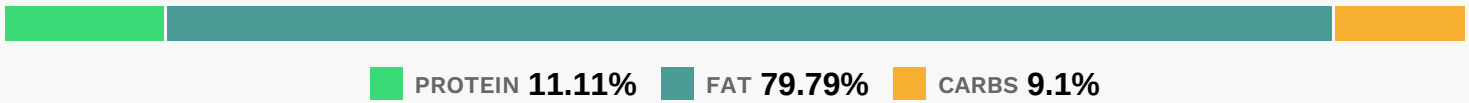
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a medium sauce pan, steam Brussels sprouts until tender.
- ☐ Heat the remaining fat in the skillet over medium high heat and add the Brussels sprouts and caraway seeds. Stir for 1 to 2 minutes, or until the sprouts are tender.
- ☐ Remove the skillet from heat, stir in the oil, vinegar, and sugar. Stir, and add the spinach.
- ☐ Saute the mixture over moderately high heat for 1 minute or until the spinach is wilted. Season salad with pepper and sprinkle with bacon.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:22.72478281415%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 311.21kcal (15.56%), Fat: 28.13g (43.27%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.46g (1.62%), Cholesterol: 29.04mg (9.68%), Sodium: 348.1mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.63%), Vitamin K: 370.49µg (352.85%), Vitamin A: 5667.43IU (113.35%), Vitamin C: 53.55mg (64.9%), Folate: 136.91µg (34.23%), Manganese: 0.68mg (33.83%), Vitamin E: 2.58mg (17.2%), Potassium: 589.19mg (16.83%), Vitamin B6: 0.33mg (16.33%), Magnesium: 62.58mg (15.64%), Vitamin B1: 0.23mg (15.31%), Selenium: 10.21µg (14.58%), Iron: 2.51mg (13.93%), Fiber: 3.2g (12.82%), Vitamin B3: 2.54mg (12.68%), Phosphorus: 126.66mg (12.67%), Vitamin B2: 0.19mg (10.9%), Calcium: 82.66mg

(8.27%), Zinc: 1.05mg (6.99%), Copper: 0.13mg (6.55%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.22µg (3.67%),
Vitamin D: 0.18µg (1.17%)