



Warm Orange and Mushroom Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces bacon cut into 1 inch pieces
- 0.3 cup balsamic vinegar
- 3 ounce enoki mushrooms
- 6 ounces mushroom caps fresh stemmed sliced
- 0.5 cup hazelnuts toasted chopped
- 0.3 cup olive oil
- 0.8 cup orange juice
- 4 large oranges peeled

- 6 ounces oyster mushrooms fresh stemmed sliced
- 1 medium head radicchio thinly
- 0.3 cup shallots minced
- 10 ounces pkt spinach rinsed chopped

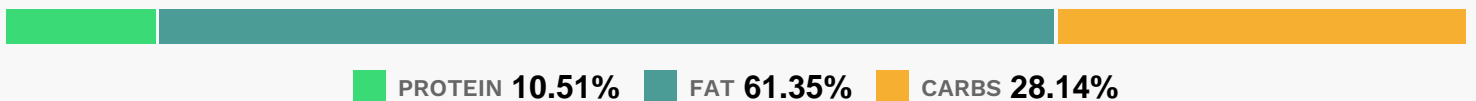
Equipment

- bowl
- frying pan
- whisk

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Remove, crumble and set aside. Reserve bacon fat.
- Whisk together 1/4 cup bacon fat, orange juice, shallots, olive oil and vinegar.
- In a large bowl, combine the spinach and radicchio.
- Heat 2 tablespoons reserved bacon drippings in skillet over medium-high heat.
- Add shitake mushrooms and cook for 1 minute.
- Add oyster mushrooms and cook for 2 minutes. Season with salt and pepper; add to greens and toss.
- Pour dressing into same skillet and boil 2 minutes.
- Pour dressing over greens.
- Add bacon, orange segments and chopped hazelnuts. Toss to combine. Season to taste with salt and pepper.
- Garnish salad with enoki mushrooms and serve.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:8.56, Inflammation Score:-10, Nutrition Score:33.983043432236%

Flavonoids

Cyanidin: 59.93mg, Cyanidin: 59.93mg, Cyanidin: 59.93mg, Cyanidin: 59.93mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 37.13mg, Hesperetin: 37.13mg, Hesperetin: 37.13mg, Hesperetin: 37.13mg Naringenin: 19.46mg, Naringenin: 19.46mg, Naringenin: 19.46mg, Naringenin: 19.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 18.32mg, Luteolin: 18.32mg, Luteolin: 18.32mg, Luteolin: 18.32mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg

Nutrients (% of daily need)

Calories: 433.87kcal (21.69%), Fat: 30.9g (47.54%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 24.39g (8.87%), Sugar: 18.37g (20.41%), Cholesterol: 24.95mg (8.32%), Sodium: 310.02mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Vitamin K: 354.16µg (337.3%), Vitamin C: 99.19mg (120.23%), Vitamin A: 4811.15IU (96.22%), Manganese: 1.3mg (64.77%), Folate: 201.68µg (50.42%), Vitamin E: 5.21mg (34.74%), Potassium: 1132.51mg (32.36%), Vitamin B3: 6.15mg (30.76%), Copper: 0.61mg (30.67%), Fiber: 7.49g (29.98%), Vitamin B1: 0.43mg (28.34%), Vitamin B6: 0.52mg (26.2%), Magnesium: 96.29mg (24.07%), Phosphorus: 236.28mg (23.63%), Vitamin B2: 0.39mg (23.14%), Vitamin B5: 1.84mg (18.35%), Iron: 3.26mg (18.1%), Selenium: 12.16µg (17.37%), Zinc: 1.98mg (13.22%), Calcium: 129.43mg (12.94%), Vitamin D: 0.48µg (3.18%), Vitamin B12: 0.19µg (3.15%)