Warm Rocket Salad

Gluten Free

READY IN	SERVINGS	CALORIES
20 min.	4	352 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 8 streaky bacon smoked whole slices
- [ ] 4 servings balsamic vinegar
- [ ] 4 servings olive oil
- [ ] 1 piece parmesan for shaving
- [ ] 1 handful a pine nuts good
- [ ] 2 medium onions red
- [ ] 4 handfuls rocket arugula
- [ ] 4 sprigs thyme leaves

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] peeler

Directions

- [ ] Peel, halve, and quarter the onions then quarter again, to give you 8 pieces from each onion.
- [ ] Heat a frying pan and fry off the rashers of pancetta until crisp.
- [ ] Add a couple of lugs of olive oil to the pan, and add the sprigs of thyme, the onions, and pine nuts with a pinch of salt. Toss around and fry on a medium heat for about 5 minutes until caramelized and sweet (not black!).
- [ ] Then, throw everything into a salad bowl with the rocket or any nice salad leaves.
- [ ] Drizzle generously with balsamic vinegar, this will make a natural dressing as it mixes with the olive oil.
- [ ] Serve with some shaved Parmesan over the top, you can use a potato peeler to do this. Munch away.

Nutrition Facts

PROTEIN **7.86%** FAT **81.43%** CARBS **10.71%**

Properties

Glycemic Index:45.25, Glycemic Load:2.68, Inflammation Score:-8, Nutrition Score:8.218695666479%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

Nutrients (% of daily need)

Calories: 351.99kcal (17.6%), Fat: 31.9g (49.08%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.04g (2.92%), Sugar: 5.14g (5.72%), Cholesterol: 29.21mg (9.74%), Sodium: 306.94mg (13.35%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin K: 30.59µg (29.13%), Vitamin E: 2.33mg (15.51%), Selenium: 9.24µg (13.2%), Vitamin A: 541.52IU (10.83%), Vitamin C: 8.67mg (10.51%), Vitamin B1: 0.16mg (10.47%), Vitamin B6: 0.2mg (10.08%), Manganese: 0.2mg (10.01%), Phosphorus: 96.98mg (9.7%), Vitamin B3: 1.92mg (9.62%), Potassium: 267.09mg (7.63%), Folate: 30.4µg (7.6%), Magnesium: 24.44mg (6.11%), Calcium: 58.36mg (5.84%), Fiber: 1.4g (5.62%), Iron: 0.97mg (5.4%), Zinc: 0.76mg (5.07%), Vitamin B2: 0.07mg (4.34%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.22µg (3.72%), Copper: 0.07mg (3.41%), Vitamin D: 0.18µg (1.18%)