



## Warm Spinach and Pear Salad With Bacon Dressing



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 slices bacon
- ☐ 2 tablespoons cider vinegar
- ☐ 1 small onion diced
- ☐ 1 pears cored thinly sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon spicy brown mustard

- ☐ 10 ounce pkt spinach dried rinsed
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

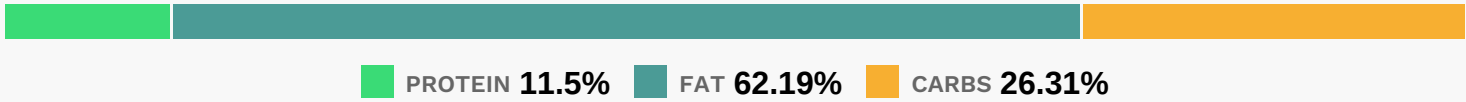
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Place spinach in large bowl.2 Cook bacon in large skillet over medium-high heat until crisp.3
- ☐ Remove to paper towel to drain.4 Discard all but 3 tablespoons of bacon drippings from skillet.5
- ☐ Add oil to drippings in skillet and heat.6
- ☐ Add onion; cook until tender, about 3 minutes.7 Stir in vinegar, mustard, sugar, salt and pepper.8 Bring to boiling.9
- ☐ Remove from heat.10
- ☐ Add pear to spinach.11
- ☐ Pour hot dressing over spinach and pear; toss well to coat.12 Crumble bacon and sprinkle over salad.13
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:44.97, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:15.382608657298%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg,

Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg  
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–  
gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–  
gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin:  
0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol:  
3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.17mg, Myricetin: 0.17mg,  
Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin:  
4.49mg

Nutrients (% of daily need)

Calories: 116.59kcal (5.83%), Fat: 8.36g (12.86%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 7.95g (2.65%), Net  
Carbohydrates: 5.75g (2.09%), Sugar: 3.95g (4.39%), Cholesterol: 9.68mg (3.23%), Sodium: 241.51mg (10.5%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin K: 233.81µg (222.68%), Vitamin A:  
4444.45IU (88.89%), Folate: 96.02µg (24.01%), Manganese: 0.48mg (23.81%), Vitamin C: 15.42mg (18.69%),  
Magnesium: 43.05mg (10.76%), Potassium: 349.62mg (9.99%), Fiber: 2.2g (8.82%), Vitamin E: 1.25mg (8.33%), Iron:  
1.45mg (8.04%), Vitamin B6: 0.15mg (7.72%), Vitamin B2: 0.11mg (6.63%), Vitamin B1: 0.09mg (5.86%), Selenium:  
3.8µg (5.43%), Calcium: 53.99mg (5.4%), Phosphorus: 52.58mg (5.26%), Vitamin B3: 1mg (4.99%), Copper: 0.1mg  
(4.91%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.14mg (1.44%), Vitamin B12: 0.07µg (1.22%)