






 **60%**  
HEALTH SCORE

# Warm Spinach & Bacon Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**10 min.**

SERVINGS  
  
**4**

CALORIES  
  
**126 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 cup mushrooms fresh sliced
- 0.3 cup onion rings red thin
- 2 Tbsp oscar mayer real bacon recipe pieces
- 6 cups tightly torn spinach fresh packed
- 0.3 cup red wine vinaigrette dressing light kraft

## Equipment

- bowl
- microwave

## Directions

- Microwave dressing in microwaveable bowl on HIGH 30 to 50 sec. or until hot.
- Pour over combined spinach, mushrooms and onions in large bowl; toss to coat.
- Top with bacon.

## Nutrition Facts

**PROTEIN 10.94%** **FAT 77.43%** **CARBS 11.63%**

## Properties

Glycemic Index:22.75, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:15.036521806665%

## Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 11.45g (17.62%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.61g (1.79%), Cholesterol: 5mg (1.67%), Sodium: 142.36mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin K: 237.97µg (226.64%), Vitamin A: 4219.85IU (84.4%), Folate: 93.28µg (23.32%), Manganese: 0.43mg (21.39%), Vitamin C: 13.89mg (16.84%), Vitamin E: 1.88mg (12.52%), Vitamin B2: 0.18mg (10.84%), Potassium: 343.69mg (9.82%), Magnesium: 38.71mg (9.68%), Iron: 1.36mg (7.56%), Copper: 0.14mg (6.94%), Vitamin B6: 0.12mg (6.24%), Vitamin B3: 1.2mg (6.02%), Fiber: 1.4g (5.6%), Calcium: 47.57mg (4.76%), Phosphorus: 45.59mg (4.56%), Selenium: 3.07µg (4.38%), Vitamin B5: 0.4mg (4.01%), Vitamin B1: 0.06mg (3.94%), Zinc: 0.38mg (2.54%)