



Warm Spinach Salad

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cloves garlic chopped
- 4 hardboiled eggs quartered
- 6 servings nutmeg freshly grated to taste
- 3 tablespoons olive oil extra-virgin
- 6 servings parmigiano-reggiano for topping
- 6 servings salt and pepper black freshly ground
- 3 shallots thinly sliced
- 3 tablespoons sherry vinegar

- 2 pounds triple spinach washed
- 4 slices bacon thick-cut chopped

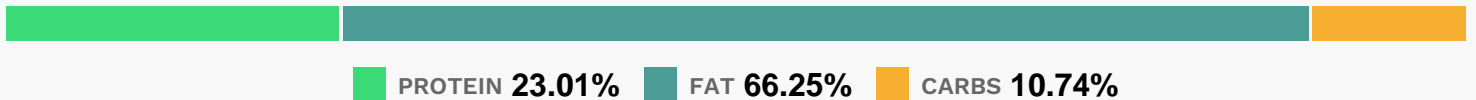
Equipment

- frying pan
- tongs

Directions

- Watch how to make this recipe.
- Heat the olive oil in large skillet over medium-high heat. Once hot, add bacon to skillet and brown, reserve the crispy bacon bits and add the shallots and garlic to the pan. Cook 3 to 4 minutes then deglaze the pan with vinegar, turn spinach into pan and wilt down a bit but do not fully cook the spinach, just give it a few turns with tongs. Season the greens with salt, pepper and nutmeg.
- Place spinach on a serving dish and top with quartered eggs, shavings of cheese and reserved bacon bits.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:35.569565627886%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 388.67kcal (19.43%), Fat: 29.15g (44.84%), Saturated Fat: 10.79g (67.42%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 6.45g (2.34%), Sugar: 2.81g (3.13%), Cholesterol: 160.57mg (53.52%), Sodium: 803.01mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Vitamin K: 735.39µg (700.37%), Vitamin A: 14597.48IU (291.95%), Folate: 315.91µg (78.98%), Manganese: 1.5mg (75.05%), Calcium: 533.83mg (53.38%), Vitamin C: 43.9mg (53.21%), Phosphorus: 388.23mg (38.82%), Magnesium: 145.87mg

(36.47%), Vitamin B2: 0.58mg (34.16%), Selenium: 23.68µg (33.83%), Vitamin E: 4.6mg (30.64%), Potassium: 1017.89mg (29.08%), Iron: 5.15mg (28.61%), Vitamin B6: 0.49mg (24.27%), Fiber: 4.19g (16.75%), Zinc: 2.37mg (15.78%), Vitamin B1: 0.23mg (15.63%), Vitamin B12: 0.85µg (14.17%), Copper: 0.26mg (12.86%), Vitamin B3: 2.22mg (11.11%), Vitamin B5: 0.88mg (8.77%), Vitamin D: 0.98µg (6.53%)