



Warm stilton salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 bacon smoked
- ☐ 3 pears cored ripe peeled sliced
- ☐ 140 g cheese blue such as colston bassett stilton cut into small cubes,
- ☐ 100 g baby spinach washed
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp clear honey
- ☐ 1 tsp coarse mustard
- ☐ 2 tbsp olive oil

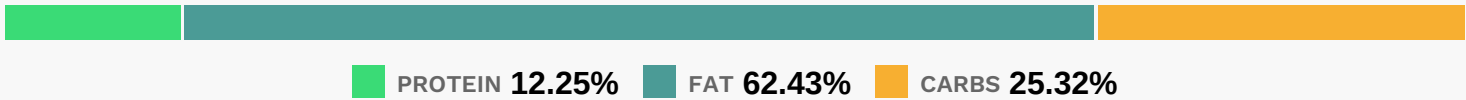
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ Use kitchen scissors or a sharp knife to snip the bacon crossways into fat matchsticks.
- ☐ Heat a small, dry frying pan on a medium heat and add the bacon. Cook for about 10 mins, until the fat has run and the bacon is crisp.
- ☐ To make the dressing, reduce the heat in the pan to low and stir in 1 tbsp water, then the vinegar, honey and mustard. Stir well, scraping up any residue on the base of the pan. Stir in the oil, taste and season.
- ☐ Meanwhile, heat a ridged griddle pan or grill and cook the pears for about 5 mins on each side, until browned.
- ☐ Place in a bowl and mix with the cubes of cheese (this melts the cheese a little, making it nice and squidgy). Tip the spinach into a serving bowl, and scatter the cheese and pear mixture over. Top with the warm bacon dressing and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.01, Glycemic Load:7.03, Inflammation Score:-9, Nutrition Score:17.185652027959%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 26.1g (40.16%), Saturated Fat: 10.48g (65.53%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 19.07g (6.94%), Sugar: 14.75g (16.39%), Cholesterol: 40.77mg (13.59%), Sodium: 583.48mg (25.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin K: 131.7µg (125.43%), Vitamin A: 2653.7IU (53.07%), Calcium: 223.85mg (22.39%), Phosphorus: 197.12mg (19.71%), Fiber: 4.75g (18.98%), Folate: 70.57µg (17.64%), Vitamin C: 12.8mg (15.51%), Manganese: 0.3mg (15.11%), Selenium: 10.32µg (14.74%), Vitamin B2: 0.23mg (13.82%), Vitamin E: 1.86mg (12.41%), Potassium: 431.83mg (12.34%), Vitamin B6: 0.21mg (10.27%), Magnesium: 40.57mg (10.14%), Zinc: 1.47mg (9.8%), Vitamin B12: 0.54µg (8.95%), Copper: 0.17mg (8.36%), Vitamin B3: 1.65mg (8.23%), Vitamin B5: 0.81mg (8.14%), Vitamin B1: 0.11mg (7.25%), Iron: 1.2mg (6.66%), Vitamin D: 0.26µg (1.75%)