

White Bean and Spinach Quinoa Salad with Bacon, Caramelized Onions, Mushrooms and Blue Cheese in a Bacon Pan Sauce Dressing



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces mushrooms sliced
- ☐ 4 slices bacon cut into 1 inch pieces
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 cup mild cheese blue crumbled
- ☐ 19 ounce beans white drained and rinsed canned
- ☐ 6 ounce baby spinach

- ☐ 1 cup onion red sliced
- ☐ 1 small clove garlic grated
- ☐ 1 teaspoon sugar
- ☐ 1 cup quinoa rinsed
- ☐ 1 teaspoon dijon mustard
- ☐ 6 servings salt and pepper to taste

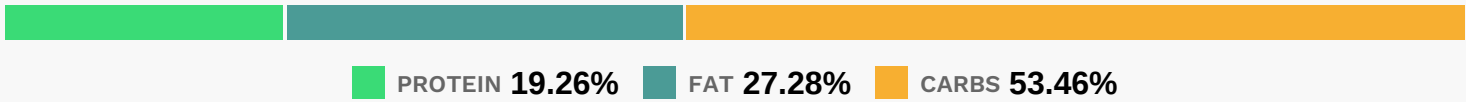
Equipment

- ☐ frying pan

Directions

- ☐ Cook the quinoa as directed on the package.
- ☐ Meanwhile, cook the bacon in a pan, about 4–6 minutes, and set aside, reserving 2 tablespoons of bacon grease.
- ☐ Caramelize the onions and mushrooms in the remaining bacon grease, about 20–30 minutes, and set aside.
- ☐ Add the vinegar to the pan and deglaze it.
- ☐ Mix in the reserved bacon grease, sugar, mustard, garlic and season with salt and pepper.
- ☐ Add the spinach and white beans and cook until the spinach wilts, about 2–3 minutes and remove from heat.
- ☐ Mix in the bacon, onions and mushrooms.
- ☐ Serve garnished with blue cheese.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:5.93, Inflammation Score:-10, Nutrition Score:25.489130655061%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 314.21kcal (15.71%), Fat: 9.65g (14.85%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 34.96g (12.71%), Sugar: 2.59g (2.88%), Cholesterol: 13.9mg (4.63%), Sodium: 395.74mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.66%), Vitamin K: 139.79µg (133.14%), Manganese: 1.35mg (67.69%), Vitamin A: 2711.82IU (54.24%), Folate: 175.86µg (43.97%), Magnesium: 132.25mg (33.06%), Fiber: 7.6g (30.42%), Phosphorus: 294.21mg (29.42%), Iron: 5.03mg (27.96%), Potassium: 873.99mg (24.97%), Copper: 0.49mg (24.71%), Vitamin B1: 0.28mg (18.84%), Vitamin B6: 0.37mg (18.37%), Vitamin B2: 0.29mg (17.33%), Zinc: 2.51mg (16.76%), Calcium: 146.06mg (14.61%), Selenium: 10.14µg (14.49%), Vitamin E: 2.06mg (13.76%), Vitamin C: 10.53mg (12.77%), Vitamin B3: 2.11mg (10.53%), Vitamin B5: 0.9mg (9.03%), Vitamin B12: 0.15µg (2.49%)