



Wilted Spinach Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound bacon
- 2 eggs
- 4 green onions thinly sliced
- 0.3 cup red wine vinegar
- 2 bunches pkt spinach dried fresh rinsed
- 0.3 cup sugar white
- 0.3 cup vinegar white

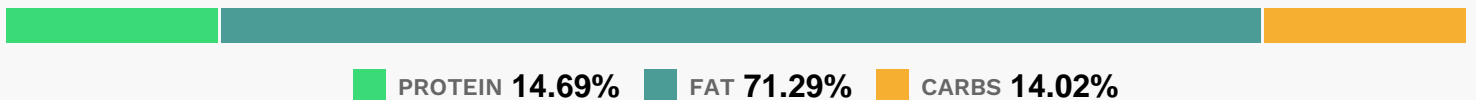
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Place 6 eggs in a medium saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel, and chop.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble, and set aside, reserving approximately 1/2 cup of drippings in the skillet.
- In a large bowl, toss together the spinach and green onions.
- Heat the reserved drippings over low heat. In a small bowl, whisk together the 2 remaining eggs, sugar, white vinegar, and red wine vinegar.
- Add to warm grease, and whisk for about a minute, until thickened.
- Pour at once over spinach, add crumbled bacon, and toss to coat.
- Garnish with chopped egg.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:4.84, Inflammation Score:-10, Nutrition Score:22.990434853927%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 300.55kcal (15.03%), Fat: 23.91g (36.79%), Saturated Fat: 7.94g (49.62%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.55g (3.11%), Sugar: 6.78g (7.53%), Cholesterol: 78.34mg (26.11%), Sodium: 459.9mg (20%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Vitamin K: 423µg (402.86%), Vitamin A: 8110.65IU (162.21%), Folate: 173.91µg (43.48%), Manganese: 0.79mg (39.47%), Vitamin C: 25.05mg (30.36%), Selenium: 15.74µg (22.48%), Magnesium: 76.85mg (19.21%), Potassium: 621.5mg (17.76%), Vitamin B6: 0.34mg (16.95%), Iron: 2.86mg (15.87%), Vitamin B2: 0.26mg (15.46%), Vitamin B1: 0.23mg (15.37%), Phosphorus: 148.21mg (14.82%), Vitamin B3: 2.94mg (14.68%), Vitamin E: 2.12mg (14.12%), Calcium: 98.45mg (9.85%), Zinc: 1.29mg (8.59%), Fiber: 2.03g (8.1%), Copper: 0.15mg (7.44%), Vitamin B12: 0.38µg (6.36%), Vitamin B5: 0.54mg (5.43%), Vitamin D: 0.45µg (2.98%)