



Wilted Spinach Salad with Chicken & Honey Mustard Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small apples sliced thin ()
- ☐ 4 cups baby spinach fresh
- ☐ 4 slices bacon
- ☐ 1 cup meat from a rotisserie chicken cooked chopped (into bite-sized pieces)
- ☐ 0.3 cup honey mustard dressing prepared
- ☐ 1 small onion red sliced into rounds)

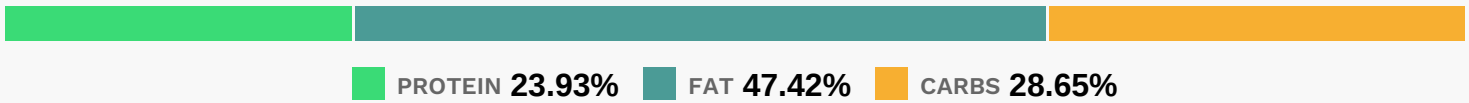
Equipment

☐ frying pan

Directions

- ☐ Fry four slices bacon over medium heat until crispy.
- ☐ Remove bacon from the pan, turn off the heat and gently stir ¼ cup honey mustard dressing into the rendered bacon grease. Set aside to cool slightly.Toss remaining ingredients together, garnish with fried bacon and dress with the mixture of bacon grease and honey mustard dressing.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:15.426521687404%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 218.59kcal (10.93%), Fat: 11.26g (17.32%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 13.28g (4.83%), Sugar: 8.28g (9.2%), Cholesterol: 40.77mg (13.59%), Sodium: 274.88mg (11.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.57%), Vitamin K: 145.83µg (138.89%), Vitamin A: 2856.26IU (57.13%), Vitamin B3: 3.93mg (19.63%), Selenium: 13.47µg (19.24%), Folate: 66.29µg (16.57%), Manganese: 0.33mg (16.3%), Vitamin B6: 0.31mg (15.44%), Vitamin C: 12.18mg (14.76%), Phosphorus: 125.65mg (12.57%), Potassium: 371.12mg (10.6%), Magnesium: 38.3mg (9.58%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.12mg (8.32%), Fiber: 2.02g (8.09%), Iron: 1.43mg (7.94%), Zinc: 1.01mg (6.75%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.78mg (5.17%), Copper: 0.09mg (4.45%), Calcium: 43.56mg (4.36%), Vitamin B12: 0.21µg (3.52%)