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Simple Arugula and Bacon Bits Salad ••

This simple arugula and bacon bits salad is a delicious and easy-to-make dish. It combines the peppery flavor of arugula with the smoky and salty taste of bacon bits. It can be enjoyed as a side dish or a light meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	Arugula
50 g	bacon bits
2 tbsp	Olive oil
1 tbsp	Lemon juice

0.5
teaspoon

Salt

0.5
teaspoon

Black pepper

Directions

Step 1

Preparation

Wash and dry the arugula leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the arugula, bacon bits, olive oil, lemon juice, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Toss the salad gently until all the ingredients are well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Events

Picnic

Course

Salads

Snacks

Cooking Method

Steaming

Simmering

Serving

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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