

# Loaded Spinach Salad

Yield: 1 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-spinach-salad-recipe>

## Ingredients:

- 3 cups spinach
- 1 ounce gorgonzola crumbled
- 2 slices bacon fried and crumbled
- 1/4 sweet onion cut into slices and caramelized
- 2 tablespoons toasted pecans chopped
- 1/4 avocado chopped

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 60 milligrams
4. Fat: 50 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 16 grams
8. Sodium: 940 milligrams
9. Sugar: 5 grams

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