Bacon Salad Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 5

- **100 g** Bacon
- **100 ml** cider vinegar
- **0.5 pinch** salt
- **1 tsp** Cumin seeds

Instructions

Cut the bacon in to pea size cubes or chop it. Put the cubes in a hot roasting pan and fry them for about 2 to 3 minutes.

Combine fry bacon and all other ingredients in a bowl and mix them together.

Best salads to use the dressing for: dandelion, cabbage and red chicory salad.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)
WOMAN
Calories 5% RDA,
Protein 5% RDA,
Fats 13% RDA,
Cholesterol 5% RDA,

Carbs 0% RDA,
Sugar 0% RDA,

MAN
Calories 4% RDA,
Protein 4% RDA,
Fats 10% RDA,
Cholesterol 5% RDA,
Carbs 0% RDA,
Sugar 0% RDA.