



# 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,

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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.