



Almond Spinach Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 teaspoon garlic finely minced
- ☐ 4 ounces goat cheese fresh crumbled
- ☐ 1 drop juice of lemon freshly squeezed
- ☐ 1 tablespoon mustard dijon-style
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 cup slivered california almonds roughly chopped

- ☐ 0.5 cup sugar
- ☐ 2 tablespoons water
- ☐ 1 teaspoon citrus champagne vinegar

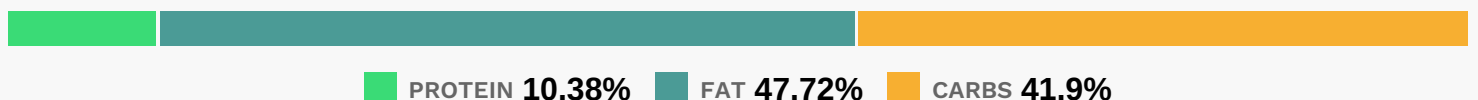
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ For vinaigrette, stir together mustard, garlic, sugar, lemon juice and vinegar in a medium bowl. Gradually whisk in olive oil until mixture is smooth and glossy.
- ☐ For candied almonds, preheat oven to 250 degrees F.
- ☐ Place a sheet of well-oiled foil on countertop.
- ☐ Place sugar in a very clean medium saucepan and cover with 2 tablespoons water and lemon juice.
- ☐ Place almonds on a baking sheet and place in oven. Bring sugar and water to a boil, and boil until sugar turns deep golden brown, swirling occasionally to ensure even color. Stir in warm almonds, and immediately spread coated almonds onto prepared foil. (Take care not to touch them--caramelized sugar is extremely hot.) Cool completely, then chop roughly or break into small pieces.
- ☐ To assemble salad, place spinach, candied almonds, cranberries and goat cheese in a large bowl. Toss lightly with dressing and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:20.880434964014%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 394.03kcal (19.7%), Fat: 21.99g (33.84%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 43.45g (14.48%), Net Carbohydrates: 39.17g (14.24%), Sugar: 37.3g (41.44%), Cholesterol: 13.04mg (4.35%), Sodium: 175.43mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.53%), Vitamin K: 176.14µg (167.75%), Vitamin A: 3618.68IU (72.37%), Vitamin E: 7.06mg (47.09%), Manganese: 0.87mg (43.63%), Vitamin B2: 0.42mg (24.56%), Copper: 0.48mg (23.94%), Magnesium: 89.85mg (22.46%), Folate: 81.38µg (20.35%), Phosphorus: 193.3mg (19.33%), Fiber: 4.28g (17.14%), Iron: 2.42mg (13.47%), Calcium: 134.27mg (13.43%), Vitamin C: 10.22mg (12.39%), Potassium: 369.39mg (10.55%), Vitamin B6: 0.18mg (9.04%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.1mg (6.59%), Vitamin B3: 1.22mg (6.09%), Selenium: 3.55µg (5.07%), Vitamin B5: 0.36mg (3.57%)