



HEALTH SCORE

53%

Apple, Pecan, Cranberry, and Avocado Spinach Salad with Balsamic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 apples diced cored
- ☐ 0.3 avocado diced peeled
- ☐ 1 cup baby spinach leaves
- ☐ 2 tablespoons carrots grated
- ☐ 1 tablespoon cranberries dried
- ☐ 1 tablespoon pecans salted chopped
- ☐ 1 tablespoon onion diced red

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1 tablespoon balsamic vinaigrette salad dressing to taste

Equipment

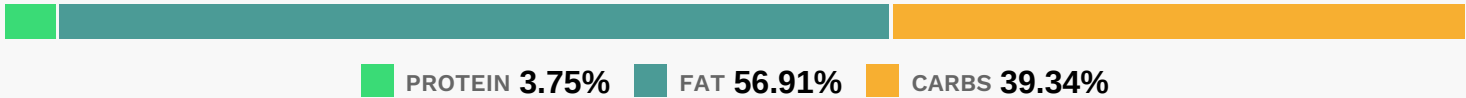
☐

bowl

Directions

- ☐ Place spinach, cranberries, pecans, apple, onion, carrot, and avocado into a bowl.
- ☐ Drizzle with balsamic vinaigrette, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:187.83, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:21.470869691476%

Flavonoids

Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 338.06kcal (16.9%), Fat: 23.12g (35.57%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 26.98g (9.81%), Sugar: 23.45g (26.06%), Cholesterol: 0mg (0%), Sodium: 50.14mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin K: 178.75µg (170.24%), Vitamin A: 7953.21IU (159.06%), Manganese: 0.92mg (45.89%), Fiber: 8.98g (35.9%), Folate: 111.43µg (27.86%), Vitamin C: 20.29mg (24.6%), Vitamin E: 3.21mg (21.37%), Potassium: 668.71mg (19.11%), Copper: 0.31mg (15.29%), Vitamin B6: 0.31mg (15.25%), Magnesium: 60.12mg (15.03%), Vitamin B1: 0.16mg (10.99%), Vitamin B2: 0.18mg (10.76%), Vitamin B5: 0.99mg (9.86%), Phosphorus: 93.14mg (9.31%), Iron: 1.62mg (9.01%), Vitamin B3: 1.68mg (8.4%), Zinc: 1.07mg (7.16%), Calcium: 61.74mg (6.17%), Selenium: 1.31µg (1.87%)