



Apple-Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 cup cashew pieces
- ☐ 0.3 teaspoon celery salt
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup golden raisins
- ☐ 2 small granny smith apples chopped
- ☐ 0.3 cup sugar

☐ 0.3 cup vegetable oil

Equipment

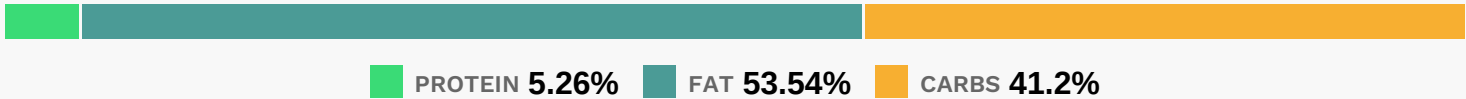
☐ bowl

☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large salad bowl.
- ☐ Whisk together sugar and next 4 ingredients until blended.
- ☐ Serve dressing with salad.
- ☐ Note: You can chill dressing up to 1 day; whisk well before serving.

Nutrition Facts



Properties

Glycemic Index:63.99, Glycemic Load:16.67, Inflammation Score:-10, Nutrition Score:18.543478447458%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 336.77kcal (16.84%), Fat: 21.07g (32.42%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 32.87g (11.95%), Sugar: 26.78g (29.75%), Cholesterol: 0mg (0%), Sodium: 328.92mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Vitamin K: 237.9µg (226.57%), Vitamin A: 4027.73IU (80.55%), Manganese: 0.74mg (37.04%), Copper: 0.46mg (23.23%), Folate: 89.04µg (22.26%), Magnesium: 88.33mg (22.08%), Vitamin C: 15.75mg (19.09%), Vitamin E: 2.27mg (15.12%), Fiber: 3.62g (14.47%),

Potassium: 502.25mg (14.35%), Iron: 2.52mg (14.01%), Phosphorus: 136.27mg (13.63%), Vitamin B6: 0.21mg (10.5%), Zinc: 1.22mg (8.16%), Vitamin B1: 0.11mg (7.65%), Vitamin B2: 0.13mg (7.58%), Calcium: 58.69mg (5.87%), Selenium: 3.79µg (5.41%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.23mg (2.25%)