



Asian Spinach Salad with Orange and Avocado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled halved cut into 1/2-inch wedges
- ☐ 6 ounce baby spinach
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 navel oranges
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.3 teaspoon sesame oil generous ()
- ☐ 2 tablespoons shallots finely chopped

☐ 1 tablespoon vegetable oil

Equipment

☐ bowl

☐ whisk

Directions

☐ Whisk first 5 ingredients in large bowl. Season to taste with salt and pepper. Set dressing aside.

☐ Cut off peel and white pith from orange.

☐ Cut orange into 1/3-inch rounds; cut rounds crosswise in half.

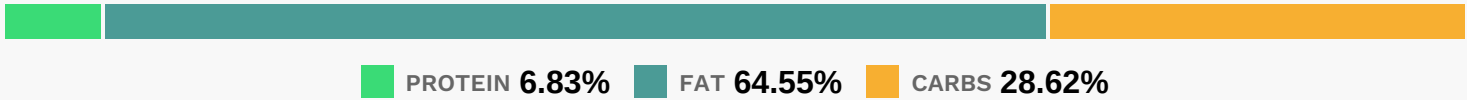
☐ Add spinach to dressing; toss to coat.

☐ Add avocado and orange; toss gently.

☐ One serving contains the following: Calories (kcal) 152.90; % Calories from Fat 65.6; Fat (g) 11.22; Saturated Fat (g) 1.37; Cholesterol (mg) 0; Carbohydrates (g) 14.20; Dietary Fiber (g) 6.19; Total Sugars (g) 3.48; Net Carbs (g) 8.00; Protein (g) 2.47

☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:18.761738880821%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 145.44kcal (7.27%), Fat: 11.27g (17.33%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 5.99g (2.18%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 38.35mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin K: 222.27µg (211.69%), Vitamin A: 4147.52IU (82.95%), Vitamin C: 38.11mg (46.19%), Folate: 136.91µg (34.23%), Manganese: 0.48mg (24.21%), Fiber: 5.25g (21.01%), Potassium: 560.11mg (16%), Vitamin E: 2.24mg (14.95%), Magnesium: 53.58mg (13.39%), Vitamin B6: 0.26mg (12.93%), Vitamin B2: 0.16mg (9.7%), Copper: 0.17mg (8.58%), Iron: 1.54mg (8.57%), Vitamin B5: 0.83mg (8.33%), Vitamin B3: 1.35mg (6.74%), Calcium: 65.67mg (6.57%), Vitamin B1: 0.09mg (6.26%), Phosphorus: 58.68mg (5.87%), Zinc: 0.6mg (3.99%), Selenium: 0.73µg (1.05%)