



Autumn Apple and Spinach Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces baby spinach
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 tablespoons orange juice fresh

- ☐ 0.3 teaspoon salt
- ☐ 1 large baking apples are apples that have a sweet-tart balance and hold their shape when firm cored thinly sliced

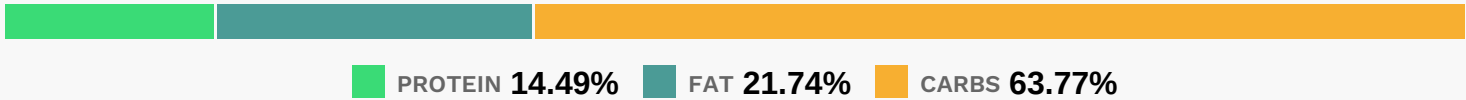
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients, stirring well with a whisk.
- ☐ Combine onion, spinach, and apple in a large bowl.
- ☐ Drizzle with dressing; toss gently to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:13.598260955966%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 62.05kcal (3.1%), Fat: 1.65g (2.54%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 8.84g (3.21%), Sugar: 7.11g (7.9%), Cholesterol: 3.54mg (1.18%), Sodium: 200.59mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin K: 183.68µg (174.94%), Vitamin A: 3616.08IU (72.32%), Vitamin C: 17.67mg (21.42%), Folate: 81.05µg (20.26%), Manganese: 0.39mg (19.29%), Magnesium: 36.08mg (9.02%), Potassium: 303.72mg (8.68%), Fiber: 2.07g (8.27%), Calcium: 70.42mg (7.04%), Iron: 1.17mg (6.49%), Vitamin B2: 0.11mg (6.31%), Vitamin B6: 0.12mg (5.94%), Vitamin E: 0.87mg (5.79%), Phosphorus: 48.38mg (4.84%), Copper: 0.07mg (3.64%), Vitamin B1: 0.05mg (3.52%), Zinc: 0.39mg (2.58%), Selenium: 1.73µg (2.47%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.17mg (1.69%)