



 **86%**
HEALTH SCORE

Baby Spinach and Chick Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces baby spinach chopped
- 1 tablespoon balsamic vinegar
- 1 can chick peas drained
- 3 tablespoons olive oil extra-virgin
- 0.5 medium onion red finely chopped
- 4 servings salt and pepper

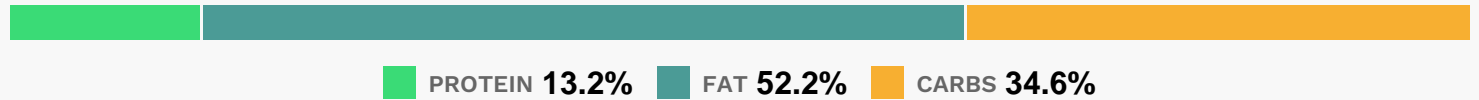
Equipment

- bowl

Directions

- Combine chopped spinach, chickpeas and chopped onions in a bowl.
- Add 1 tablespoon balsamic vinegar and 3 tablespoons (3 turns of the bowl in a slow stream) extra-virgin olive oil. Toss well to coat and combine. Season salad with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:5.04, Inflammation Score:-10, Nutrition Score:22.733912986258%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 214.54kcal (10.73%), Fat: 12.94g (19.91%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 12.84g (4.67%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 555.1mg (24.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Vitamin K: 280.23µg (266.89%), Vitamin A: 5333.93IU (106.68%), Manganese: 1.46mg (72.92%), Folate: 140.92µg (35.23%), Vitamin B6: 0.66mg (33.14%), Fiber: 6.46g (25.86%), Vitamin C: 17.06mg (20.68%), Magnesium: 77.23mg (19.31%), Vitamin E: 2.67mg (17.77%), Iron: 3.05mg (16.93%), Potassium: 504.16mg (14.4%), Copper: 0.25mg (12.68%), Phosphorus: 123.13mg (12.31%), Calcium: 100.24mg (10.02%), Vitamin B2: 0.13mg (7.52%), Zinc: 1.11mg (7.39%), Vitamin B1: 0.09mg (5.79%), Selenium: 2.9µg (4.14%), Vitamin B5: 0.39mg (3.92%), Vitamin B3: 0.57mg (2.87%)