

food
network



HEALTH SCORE

72%

Baby Spinach, Fennel and Grapefruit Salad with Shallot Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby spinach leaves
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 cup grapefruit sections
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 fronds trimmed thinly sliced

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup shallots finely minced

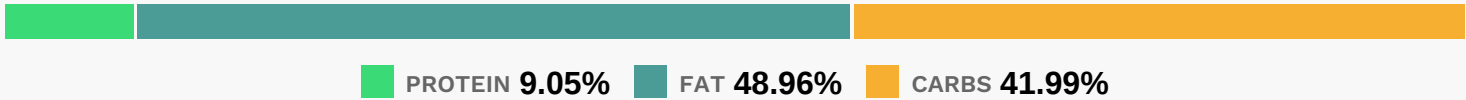
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the spinach, fennel, and grapefruit in a large salad bowl.
- ☐ In a small bowl, whisk together broth, shallots, parsley, oil, vinegar, and Dijon. Season with salt and pepper.
- ☐ Pour the vinaigrette over the salad just before serving.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:16.9826087848%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 129.64kcal (6.48%), Fat: 7.61g (11.71%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 10.62g (3.86%), Sugar: 7.64g (8.49%), Cholesterol: 0mg (0%), Sodium: 93.82mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin K: 218.97µg (208.54%), Vitamin A: 3724.13IU (74.48%), Vitamin C: 37.26mg (45.17%), Manganese: 0.46mg (23.24%), Folate: 89.73µg (22.43%), Potassium: 579.66mg (16.56%), Fiber: 4.07g (16.26%), Vitamin E: 2.06mg (13.75%), Magnesium: 44.74mg (11.19%), Iron: 1.75mg (9.75%), Vitamin B6: 0.17mg (8.71%), Calcium: 82.74mg (8.27%), Phosphorus: 76.34mg (7.63%), Copper: 0.13mg

(6.53%), Vitamin B2: 0.11mg (6.4%), Vitamin B3: 1.18mg (5.92%), Vitamin B1: 0.07mg (4.63%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.44mg (2.96%), Selenium: 1.8µg (2.57%)