



Baby Spinach Salad with Candied Hazelnuts



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 ounce baby spinach fresh (8 cups)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1.5 teaspoons egg white
- ☐ 1.5 teaspoons hazelnut oil toasted
- ☐ 0.3 cup hazelnuts chopped
- ☐ 1.5 tablespoons brown sugar light
- ☐ 2 teaspoons orange juice fresh

- ☐ 1 cup orange sections (4 oranges)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

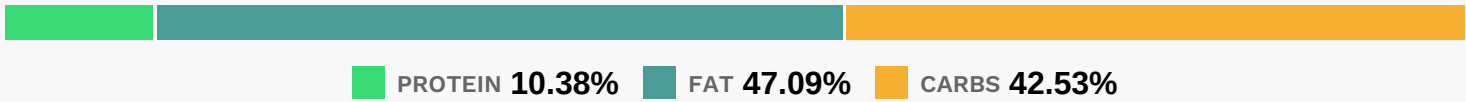
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 4 ingredients, tossing well to coat.
- ☐ Place hazelnut mixture on a nonstick baking sheet coated with cooking spray; bake at 350 for 6 minutes or until lightly browned.
- ☐ Remove from oven; cool.
- ☐ Combine juice and next 4 ingredients (juice through pepper), stirring well with a whisk.
- ☐ Place the spinach in a large bowl; drizzle with juice mixture. Toss gently to coat.
- ☐ Place about 1 3/4 cups salad mixture on each of 4 plates; top with 1/4 cup orange sections and 1 tablespoon hazelnut mixture.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:19.560000078753%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.68mg, Hesperetin: 12.68mg, Hesperetin: 12.68mg, Hesperetin: 12.68mg Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 114.91kcal (5.75%), Fat: 6.53g (10.05%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 10.3g (3.75%), Sugar: 9.42g (10.47%), Cholesterol: 0mg (0%), Sodium: 268.47mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 240.91µg (229.44%), Vitamin A: 4762.96IU (95.26%), Vitamin C: 40.11mg (48.61%), Manganese: 0.94mg (47.1%), Folate: 119.46µg (29.86%), Vitamin E: 3.01mg (20.1%), Magnesium: 57.43mg (14.36%), Potassium: 427.92mg (12.23%), Fiber: 2.96g (11.86%), Copper: 0.22mg (11.01%), Iron: 1.81mg (10.04%), Vitamin B1: 0.13mg (8.71%), Vitamin B6: 0.17mg (8.51%), Calcium: 81mg (8.1%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 54.28mg (5.43%), Zinc: 0.49mg (3.25%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.23mg (2.33%), Selenium: 1.55µg (2.21%)