



## Baby Spinach Salad With Creamy Dijon Dressing

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**104 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 avocado diced ripe peeled
- 6 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons cider vinegar
- 2 tablespoons dijon mustard
- 2 tablespoons mayonnaise fat-free
- 0.3 teaspoon kosher salt

- 0.3 cup yogurt plain low-fat
- 0.3 medium onion red thinly sliced cut into 1/2-inch pieces
- 1 teaspoon sugar
- 0.3 teaspoon worcestershire sauce
- 1 bell pepper yellow seeded sliced cut into 1-inch pieces

## Equipment

- bowl
- whisk

## Directions

- In a small bowl, whisk together the first 8 ingredients (through Worcestershire sauce). Refrigerate dressing until ready to serve. (The dressing can be made up to 2 days ahead.)
- When you're ready to serve the salad, place the spinach in a large salad bowl. Top with the bell pepper, onion, and avocado pieces.
- Drizzle the dressing over the salad, and toss together gently to combine.

## Nutrition Facts



**PROTEIN 11.35%** **FAT 53.08%** **CARBS 35.57%**

## Properties

Glycemic Index:54.62, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:18.316086872764%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 104.03kcal (5.2%), Fat: 6.71g (10.33%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.37g (3.74%), Cholesterol: 1.48mg (0.49%), Sodium: 272.3mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin K: 174.46µg (166.15%), Vitamin C: 57.99mg (70.29%), Vitamin A: 3309.81IU (66.2%), Folate: 108.4µg (27.1%), Manganese: 0.44mg (22.16%), Fiber: 4.17g (16.68%), Potassium: 500.79mg (14.31%), Magnesium: 48.18mg (12.04%), Vitamin B6: 0.23mg (11.54%), Vitamin E: 1.55mg (10.36%), Vitamin B2: 0.16mg (9.7%), Copper: 0.16mg (7.94%), Iron: 1.41mg (7.85%), Calcium: 77.76mg (7.78%), Phosphorus: 76.15mg (7.62%), Vitamin B5: 0.75mg (7.45%), Vitamin B3: 1.22mg (6.11%), Vitamin B1: 0.08mg (5.49%), Selenium: 3.22µg (4.6%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.09µg (1.52%)