



HEALTH SCORE

74%

Baby Spinach Salad With Poppy Seed Dressing



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 6 oz baby spinach fresh washed
- ☐ 11 oz mandarin orange segments drained canned
- ☐ 1 tablespoon ground flax seed
- ☐ 0.3 cup bottled poppy seed dressing
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 tablespoon cup heavy whipping cream sour

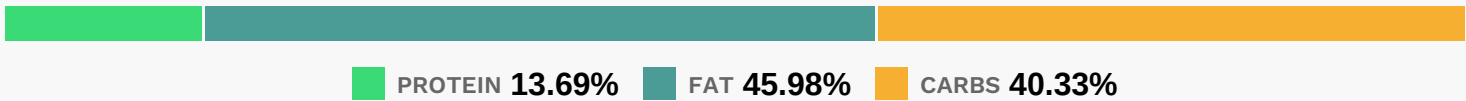
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place almonds in a single layer in a shallow pan, and bake at 350 for 8 minutes or until toasted and fragrant, stirring occasionally.
- ☐ Place spinach in a large bowl. Stir together poppy seed dressing, ground flax seed, sour cream, and 2 Tbsp. water in a small bowl; drizzle over spinach, and toss to combine. Top with oranges, onion, and almonds.
- ☐ Note: For testing purposes only, we used Kraft Creamy Poppy Seed Dressing.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:15.992173739426%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 84.2kcal (4.21%), Fat: 4.67g (7.18%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 6.19g (2.25%), Sugar: 5.17g (5.75%), Cholesterol: 1.18mg (0.39%), Sodium: 27.45mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Vitamin K: 137.04µg (130.52%), Vitamin A: 3352.92IU

(67.06%), Manganese: 0.66mg (33.12%), Vitamin C: 26.33mg (31.92%), Folate: 65.58µg (16.39%), Magnesium: 58.61mg (14.65%), Fiber: 3.01g (12.05%), Vitamin E: 1.72mg (11.48%), Calcium: 111.63mg (11.16%), Copper: 0.18mg (9.18%), Vitamin B1: 0.14mg (9%), Potassium: 312.3mg (8.92%), Phosphorus: 85.97mg (8.6%), Iron: 1.54mg (8.58%), Vitamin B2: 0.13mg (7.37%), Zinc: 0.95mg (6.32%), Vitamin B6: 0.11mg (5.53%), Vitamin B3: 0.66mg (3.31%), Selenium: 1.63µg (2.32%)