



Baby Spinach Salad with Warm Wild Mushroom and Blueberry Vinaigrette



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup marcona almonds toasted
- ☐ 3 cups baby spinach
- ☐ 0.3 cup cheese blue crumbled recommended: Point Reyes Cheese
- ☐ 2 pints blueberries plus more for garnish
- ☐ 1 head frisée lettuce chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 cups mushrooms wild cleaned trimmed

- ☐ 0.8 cup olive oil
- ☐ 1 small onion diced red
- ☐ 0.3 cup red wine vinegar

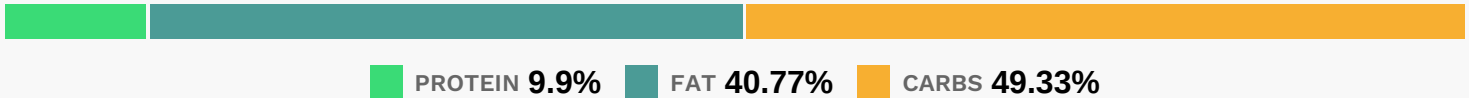
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, stir together the blueberries, olive oil, red wine vinegar, and red onion.
- ☐ Place the pan over medium heat and bring to a simmer. Stir in the mushrooms and heat for 1 to 2 minutes, until mushrooms are heated through. Turn off the heat. Cover to keep warm.
- ☐ In a large bowl, toss the frisee and baby spinach together with the warm dressing. Divide the salad among salad plates and top each salad with a sprinkle of almonds, a few crumbles of cheese, and some blueberries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:12.62, Inflammation Score:-10, Nutrition Score:30.414347770421%

Flavonoids

Cyanidin: 20.24mg, Cyanidin: 20.24mg, Cyanidin: 20.24mg, Cyanidin: 20.24mg Petunidin: 74.6mg, Petunidin: 74.6mg, Petunidin: 74.6mg, Petunidin: 74.6mg Delphinidin: 83.82mg, Delphinidin: 83.82mg, Delphinidin: 83.82mg, Delphinidin: 83.82mg Malvidin: 159.91mg, Malvidin: 159.91mg, Malvidin: 159.91mg, Malvidin: 159.91mg Peonidin: 48mg, Peonidin: 48mg, Peonidin: 48mg, Peonidin: 48mg Catechin: 12.63mg, Catechin: 12.63mg, Catechin: 12.63mg, Catechin: 12.63mg Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin:

1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 6.96mg, Kaempferol: 6.96mg, Kaempferol: 6.96mg, Kaempferol: 6.96mg Myricetin: 3.16mg, Myricetin: 3.16mg, Myricetin: 3.16mg, Myricetin: 3.16mg Quercetin: 28.32mg, Quercetin: 28.32mg, Quercetin: 28.32mg, Quercetin: 28.32mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

Nutrients (% of daily need)

Calories: 330.81kcal (16.54%), Fat: 16.21g (24.94%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 33.62g (12.23%), Sugar: 26.6g (29.56%), Cholesterol: 6.33mg (2.11%), Sodium: 147.56mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.71%), Vitamin K: 327.83µg (312.22%), Vitamin A: 5533.25IU (110.67%), Manganese: 1.52mg (76.09%), Vitamin C: 45.95mg (55.7%), Vitamin E: 6.57mg (43.79%), Fiber: 10.52g (42.09%), Folate: 140.37µg (35.09%), Vitamin B2: 0.53mg (31.22%), Copper: 0.59mg (29.62%), Potassium: 832.16mg (23.78%), Magnesium: 82.83mg (20.71%), Phosphorus: 192.22mg (19.22%), Vitamin B5: 1.9mg (19.04%), Vitamin B3: 3.61mg (18.05%), Calcium: 170.75mg (17.07%), Vitamin B6: 0.34mg (16.78%), Iron: 2.56mg (14.21%), Vitamin B1: 0.21mg (14.09%), Zinc: 1.54mg (10.27%), Selenium: 6.83µg (9.75%), Vitamin B12: 0.12µg (2.04%)