



Beautiful Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

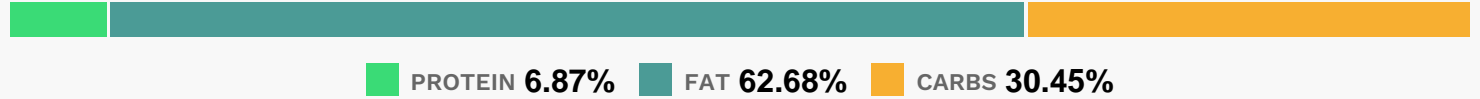
- 8 cups baby spinach leaves
- 11 ounce mandarin orange segments drained canned
- 1 cup feta cheese crumbled
- 1 cup honey-roasted almonds sliced
- 0.5 medium onion red separated sliced
- 1.5 cups cranberries dried sweetened
- 1 cup balsamic vinaigrette salad dressing to taste

Equipment

Directions

- Place servings of spinach onto salad plates. Top with red onion, mandarin oranges, cranberries, sliced almonds and feta cheese in that order.
- Drizzle dressing over each salad.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:23.988695473775%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 468.06kcal (23.4%), Fat: 34.42g (52.95%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 32.43g (11.79%), Sugar: 28.55g (31.73%), Cholesterol: 22.25mg (7.42%), Sodium: 321.65mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.97%), Vitamin K: 237.16µg (225.86%), Vitamin A: 4538.54IU (90.77%), Vitamin E: 7.42mg (49.46%), Manganese: 0.81mg (40.41%), Vitamin C: 29.6mg (35.88%), Vitamin B2: 0.49mg (28.73%), Folate: 96.69µg (24.17%), Calcium: 215.17mg (21.52%), Magnesium: 85.6mg (21.4%), Fiber: 5.18g (20.73%), Phosphorus: 188.4mg (18.84%), Copper: 0.26mg (13.1%), Potassium: 453.34mg (12.95%), Vitamin B6: 0.25mg (12.49%), Iron: 2.09mg (11.63%), Zinc: 1.73mg (11.54%), Vitamin B1: 0.16mg (10.34%), Selenium: 5.88µg (8.4%), Vitamin B3: 1.5mg (7.5%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.42mg (4.17%)