



 **93%**
HEALTH SCORE

Berry-Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons poppy seed dressing fat-free
- 10 ounce torn spinach
- 2 cups strawberries sliced

Equipment

- bowl

Directions

Combine all ingredients in a large bowl; toss well.

Serve immediately.

Nutrition Facts

PROTEIN 18.44% **FAT 29.53%** **CARBS 52.03%**

Properties

Glycemic Index:15.4, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:20.041304365448%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 50.37kcal (2.52%), Fat: 1.89g (2.91%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 46.3mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin K: 275.12µg (262.02%), Vitamin A: 5323.58IU (106.47%), Vitamin C: 49.84mg (60.41%), Manganese: 0.97mg (48.62%), Folate: 126.77µg (31.69%), Magnesium: 64.77mg (16.19%), Fiber: 3.1g (12.41%), Potassium: 430.39mg (12.3%), Iron: 2.12mg (11.8%), Calcium: 117.12mg (11.71%), Vitamin E: 1.38mg (9.21%), Copper: 0.16mg (8%), Vitamin B6: 0.15mg (7.33%), Phosphorus: 72.93mg (7.29%), Vitamin B2: 0.12mg (7.26%), Vitamin B1: 0.09mg (5.92%), Zinc: 0.67mg (4.44%), Vitamin B3: 0.67mg (3.33%), Selenium: 1.28µg (1.83%), Vitamin B5: 0.12mg (1.21%)