



Blue Spinach Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

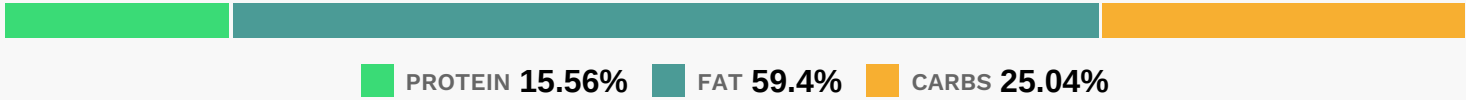
- ☐ 1 tablespoon cheese blue crumbled
- ☐ 0.3 cup grapes dried red seedless rinsed
- ☐ 2 tablespoons roasted salted
- ☐ 1 tablespoon cheese salad dressing blue
- ☐ 1 cup pre-washed spinach leaves

Equipment

Directions

- ☐ Toss together the spinach leaves, grapes, blue cheese, and pumpkin seeds.
- ☐ Serve with blue cheese salad dressing if desired.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:19.389130327365%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 211.74kcal (10.59%), Fat: 14.97g (23.03%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 11.89g (4.32%), Sugar: 9.75g (10.84%), Cholesterol: 5.25mg (1.75%), Sodium: 245.63mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin K: 161.72µg (154.02%), Manganese: 1.22mg (60.92%), Vitamin A: 2907.97IU (58.16%), Magnesium: 147.93mg (36.98%), Phosphorus: 300.56mg (30.06%), Copper: 0.38mg (18.85%), Folate: 73.33µg (18.33%), Iron: 2.82mg (15.65%), Zinc: 1.95mg (13.01%), Potassium: 455.02mg (13%), Vitamin C: 10.48mg (12.7%), Vitamin E: 1.46mg (9.76%), Fiber: 2.31g (9.25%), Vitamin B2: 0.15mg (8.78%), Calcium: 82.71mg (8.27%), Vitamin B1: 0.12mg (7.84%), Vitamin B6: 0.15mg (7.55%), Vitamin B3: 1.4mg (6.99%), Selenium: 3.53µg (5.04%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.09µg (1.42%)