



## Blueberry and Orange Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup pecans coarsely chopped
- 2 teaspoons maple syrup
- 0.5 teaspoon sugar
- 2 tablespoons orange juice fresh
- 1 tablespoon citrus champagne vinegar
- 1 tablespoon vegetable oil
- 2 teaspoons sugar
- 4 cups pkt spinach fresh

- 1 cup blueberries fresh
- 2 medium cranberry-orange relish peeled cut into sections ( 1/2 cup)

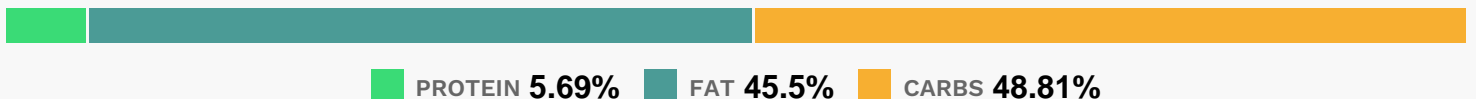
## Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

## Directions

- Heat oven to 350°F. Line cookie sheet with foil. In small bowl, mix pecans and syrup until pecans are well coated.
- Spread pecans on foil.
- Sprinkle with 1/2 teaspoon sugar.
- Bake 7 to 9 minutes, stirring occasionally, until pecans are lightly toasted. Cool completely, about 15 minutes.
- Meanwhile, in small bowl, beat orange juice, vinegar, oil and 2 teaspoons sugar with wire whisk until well blended.
- In large bowl, toss spinach, blueberries and orange sections.
- Pour dressing over salad; toss.
- Sprinkle with pecans.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:70.64, Glycemic Load:6.1, Inflammation Score:-9, Nutrition Score:14.533043493395%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 127.61kcal (6.38%), Fat: 6.92g (10.64%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 13.67g (4.97%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 19.84mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin K: 126.83µg (120.79%), Vitamin C: 40.97mg (49.66%), Vitamin A: 2401.02IU (48.02%), Manganese: 0.64mg (31.99%), Folate: 67.29µg (16.82%), Fiber: 3.03g (12.13%), Magnesium: 34.03mg (8.51%), Potassium: 295.01mg (8.43%), Vitamin B1: 0.12mg (7.95%), Vitamin B2: 0.12mg (7.27%), Copper: 0.14mg (7.02%), Vitamin E: 1.05mg (7.01%), Calcium: 54.31mg (5.43%), Vitamin B6: 0.11mg (5.39%), Iron: 0.96mg (5.31%), Phosphorus: 39.14mg (3.91%), Zinc: 0.48mg (3.21%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.24mg (2.43%), Selenium: 0.76µg (1.08%)