



Cantaloupe-Spinach Salad with Pistachio-Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 large cantaloupe



8 servings pistachio-lime vinaigrette



0.5 cup pistachios coarsely chopped



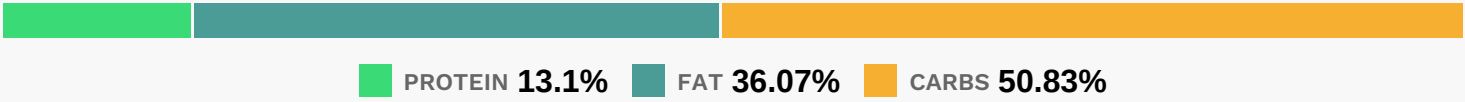
6 cups torn spinach leaves fresh

Equipment

Directions

- ☐ Peel, seed, and cut cantaloupe into thin wedges; cut wedges vertically into 1/2-inch slices.
- ☐ Place spinach on individual serving plates; arrange cantaloupe on top, and sprinkle with pistachios.
- ☐ Serve with Pistachio-Lime Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:15.681739122971%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 85.07kcal (4.25%), Fat: 3.77g (5.81%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.67g (3.52%), Sugar: 8.82g (9.8%), Cholesterol: 0mg (0%), Sodium: 48.52mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin A: 5586.41IU (111.73%), Vitamin K: 111.46µg (106.16%), Vitamin C: 19.88mg (24.1%), Manganese: 0.34mg (16.82%), Folate: 62.38µg (15.59%), Copper: 0.22mg (11.01%), Vitamin B6: 0.22mg (10.91%), Potassium: 371.23mg (10.61%), Magnesium: 40.72mg (10.18%), Fiber: 2.3g (9.19%), Vitamin B1: 0.14mg (9.09%), Iron: 1.34mg (7.44%), Phosphorus: 67.25mg (6.73%), Zinc: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.92%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.7mg (4.67%), Calcium: 41.81mg (4.18%), Selenium: 2.52µg (3.6%), Vitamin B5: 0.18mg (1.77%)