



Cosmo Spring Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted cubed peeled
- 6 cups baby spinach
- 1 tablespoon olive oil
- 1 cranberry-orange relish
- 0.3 teaspoon pepper
- 0.5 cup pistachios
- 0.5 cup pomegranate seeds
- 1 tablespoon red wine vinegar

- 0.3 teaspoon salt
- 6 oz yogurt fat free 99% yoplait®

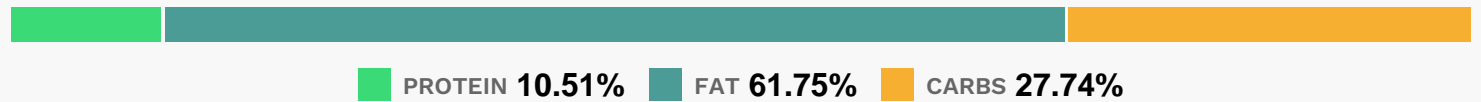
Equipment

- bowl
- whisk

Directions

- In large bowl, beat dressing ingredients with whisk until smooth.
- Add spinach; toss. Top with remaining ingredients and, if desired, extra pepper.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:17.743478181569%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 178.31kcal (8.92%), Fat: 13.14g (20.21%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 8.23g (2.99%), Sugar: 6.37g (7.08%), Cholesterol: 3.69mg (1.23%), Sodium: 136.76mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin K: 155.77µg (148.36%), Vitamin A: 2982.19IU (59.64%), Vitamin C: 25.52mg (30.93%), Folate: 104.3µg (26.08%), Manganese: 0.47mg (23.73%), Fiber: 5.05g (20.21%), Vitamin B6: 0.35mg (17.58%), Potassium: 552.78mg (15.79%), Copper: 0.27mg (13.57%), Vitamin E: 2.01mg (13.42%), Magnesium: 53.29mg (13.32%), Phosphorus: 117.59mg (11.76%), Vitamin B1: 0.17mg (11.43%),

Vitamin B2: 0.17mg (10.18%), Calcium: 89.49mg (8.95%), Iron: 1.51mg (8.38%), Vitamin B5: 0.76mg (7.56%), Zinc: 0.83mg (5.54%), Vitamin B3: 1.06mg (5.29%), Selenium: 1.96µg (2.8%), Vitamin B12: 0.1µg (1.75%)