



Cranberry Spinach Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup almonds
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup cranberries dried (I use one bag of Craisins)
- ☐ 2 teaspoons onions minced
- ☐ 0.3 teaspoon paprika
- ☐ 1 tablespoon poppy seed
- ☐ 2 tablespoons sesame seed toasted

- ☐ 1 lb pkt spinach
- ☐ 0.5 cup sugar
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

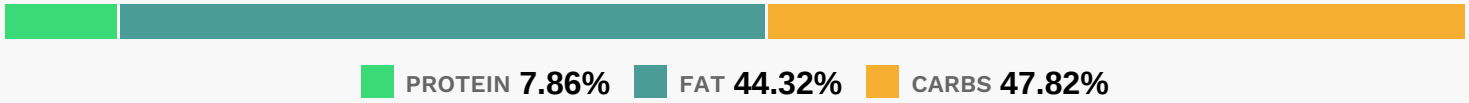
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in saute' pan over medium heat, add almonds and stir until lightly toasted; set almonds aside to cool.2 Toast sesame seeds in same pan and then set aside to cool.3
- ☐ Mix salad ingredients.4
- ☐ Mix dressing ingredients and toss with salad ingredients just before serving.

Nutrition Facts



Properties

Glycemic Index:35.51, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:21.287391348539%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 242.82kcal (12.14%), Fat: 12.73g (19.58%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 26.69g (9.71%), Sugar: 24.39g (27.11%), Cholesterol: 3.76mg (1.25%), Sodium: 58.61mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin K: 280.19µg (266.85%), Vitamin A:

5391.51IU (107.83%), Manganese: 1mg (50.2%), Vitamin E: 5.21mg (34.72%), Folate: 118.94µg (29.73%), Magnesium: 93.39mg (23.35%), Vitamin C: 16.05mg (19.45%), Fiber: 4.21g (16.85%), Copper: 0.32mg (16.21%), Vitamin B2: 0.27mg (16.13%), Iron: 2.56mg (14.24%), Calcium: 131.01mg (13.1%), Potassium: 450.71mg (12.88%), Phosphorus: 117.8mg (11.78%), Vitamin B6: 0.16mg (7.76%), Vitamin B1: 0.1mg (6.64%), Zinc: 0.99mg (6.6%), Vitamin B3: 1.09mg (5.43%), Selenium: 2.15µg (3.08%), Vitamin B5: 0.14mg (1.41%)