



## Cranberry Spinach Salad with Gorgonzola

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 oz baby spinach leaves rinsed
- 1 tablespoon balsamic vinegar
- 0.5 cup cranberries dried
- 4 oz gorgonzola blue crumbled
- 3 tablespoons regular olive oil plus grated
- 3 tablespoons olive oil lemon-flavored extra-virgin
- 1 cup pecan halves
- 6 servings salt and pepper

6 servings or

6 servings or

## Equipment

bowl

oven

baking pan

## Directions

In a shallow baking pan, bake pecans in a 350 oven until golden in the center (break one to check), 8 to 10 minutes.

Let cool.

In a large bowl, gently mix spinach, pecans, cranberries, crumbled gorgonzola, olive oil, and vinegar. Season salad to taste with salt and pepper.

## Nutrition Facts

 **PROTEIN 7.36%** **FAT 78.37%** **CARBS 14.27%**

## Properties

Glycemic Index:19.83, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:18.562173879665%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

## Nutrients (% of daily need)

Calories: 346.64kcal (17.33%), Fat: 31.56g (48.56%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 9.97g (3.63%), Sugar: 8.64g (9.6%), Cholesterol: 14.17mg (4.72%), Sodium: 442.4mg (19.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin K: 192.8µg (183.62%), Vitamin A: 3697.89IU (73.96%), Manganese: 1.11mg (55.7%), Vitamin E: 3.27mg (21.82%), Folate: 83.76µg (20.94%), Calcium: 150.65mg (15.07%), Phosphorus: 138.68mg (13.87%), Magnesium: 54.9mg (13.73%), Vitamin C: 10.82mg (13.12%), Copper: 0.26mg (13.1%), Fiber: 2.95g (11.8%), Vitamin B2: 0.17mg (9.88%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.15mg (9.68%), Potassium: 335.07mg (9.57%), Iron: 1.64mg (9.11%), Vitamin B6: 0.14mg (7.18%), Selenium: 3.81µg (5.44%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.23µg (3.84%), Vitamin B3: 0.71mg (3.57%)