



Dinner Tonight: Spinach Strawberry Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



376 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces baby spinach
- ☐ 2 ounces cheese blue
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons raspberry vinegar
- ☐ 2 servings salt and pepper
- ☐ 0.5 shallots minced
- ☐ 5 strawberries sliced

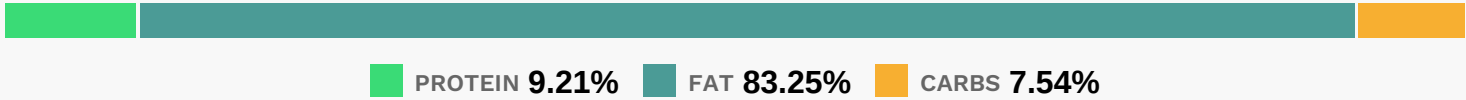
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix together the shallot and raspberry vinegar. Slowly whisk in the oil.
- ☐ Rip the spinach leaves into bite size pieces. Toss in a large bowl. Crumble the blue cheese on top and add the sliced strawberries. Gently mix together.
- ☐ Pour in the dressing. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:24.447391383026%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 375.57kcal (18.78%), Fat: 35.56g (54.71%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.52g (2.8%), Cholesterol: 21.26mg (7.09%), Sodium: 589.34mg (25.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.71%), Vitamin K: 428.43µg (408.03%), Vitamin A: 8195.16IU (163.9%), Vitamin C: 42.04mg (50.96%), Manganese: 0.94mg (46.87%), Folate: 184.52µg (46.13%), Vitamin E: 5.77mg (38.5%), Calcium: 242.44mg (24.24%), Magnesium: 79.68mg (19.92%), Potassium: 625.18mg

(17.86%), Phosphorus: 163.54mg (16.35%), Vitamin B2: 0.28mg (16.29%), Iron: 2.77mg (15.41%), Vitamin B6: 0.25mg (12.43%), Fiber: 2.67g (10.68%), Zinc: 1.28mg (8.52%), Selenium: 5.17µg (7.39%), Copper: 0.14mg (7.16%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.09mg (5.7%), Vitamin B3: 1.03mg (5.17%)