



## Festive Side Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 cups baby spinach
- 0.8 cup planters cashews
- 2 medium pears sliced
- 1 medium onion red sliced
- 1 cup lite raspberry vinaigrette dressing kraft

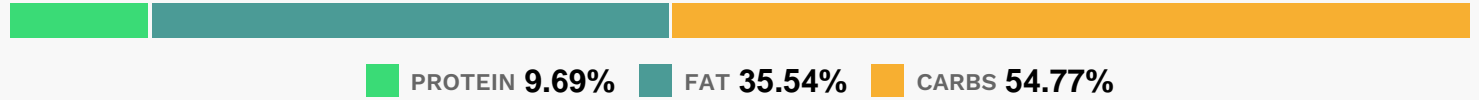
### Equipment

- bowl

# Directions

Combine spinach, pears, onion and cashews in a large salad bowl. Toss with dressing just before serving.

# Nutrition Facts



# Properties

Glycemic Index:24.19, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:20.018695468488%

# Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

# Nutrients (% of daily need)

Calories: 210.49kcal (10.52%), Fat: 8.79g (13.53%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 26.22g (9.53%), Sugar: 19.25g (21.39%), Cholesterol: 0mg (0%), Sodium: 457.76mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.79%), Vitamin K: 241.66µg (230.15%), Vitamin A: 4519.2IU (90.38%), Manganese: 0.81mg (40.67%), Copper: 0.55mg (27.7%), Folate: 107.12µg (26.78%), Magnesium: 101.61mg (25.4%), Vitamin C: 18.27mg (22.15%), Fiber: 4.28g (17.1%), Iron: 2.77mg (15.38%), Phosphorus: 153.19mg (15.32%), Potassium: 510.26mg (14.58%), Vitamin B6: 0.22mg (11.07%), Zinc: 1.48mg (9.88%), Vitamin B1: 0.14mg (9.2%), Vitamin E: 1.24mg (8.26%), Vitamin B2: 0.13mg (7.43%), Calcium: 66.15mg (6.61%), Selenium: 4.51µg (6.45%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.26mg (2.6%)