



Spinach Salad with Strawberry Vinaigrette

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tbsp almonds sliced
- 0.3 cup balsamic vinegar
- 2 oz roasted chicken cooked
- 1.3 tsp dijon mustard
- 0.5 oz feta cheese
- 2 tsp thyme sprigs fresh
- 0.3 tsp pepper
- 0.5 shallots chopped

- 2 cups pkt spinach fresh
- 0.7 cup strawberries chopped
- 4 strawberries sliced
- 0.3 cup water

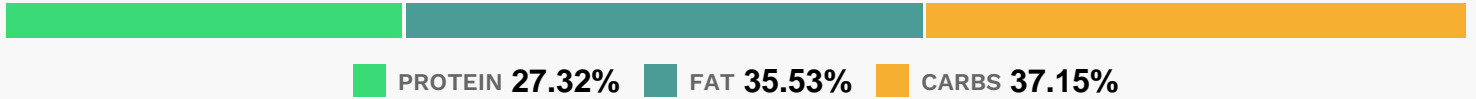
Equipment

- blender

Directions

- Place everything on a plate! :)
- Place all ingredient in a blender and process until smooth, about 30 seconds
- Makes 1 cup
- Calories per Tbsp. 3, Fat: .01, Sodium: 10, Potassium: 13, Carbs: 1, Fiber: .01, Sugar: .03, Protein: .01

Nutrition Facts



Properties

Glycemic Index:338, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:34.10347826087%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.26mg

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 12.73g (19.58%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 23.48g (8.54%), Sugar: 18.33g (20.37%), Cholesterol: 55.14mg (18.38%), Sodium: 341.17mg (14.83%), Protein: 22.03g (44.05%), Vitamin K: 294.24µg (280.22%), Vitamin C: 105.12mg (127.42%), Vitamin A: 5810.33IU (116.21%), Manganese: 1.57mg (78.67%), Folate: 168.22µg (42.06%), Magnesium: 125mg (31.25%), Vitamin B3: 6.06mg (30.28%), Phosphorus: 297.54mg (29.75%), Selenium: 19.96µg (28.51%), Vitamin E: 4.25mg (28.35%), Vitamin B2: 0.48mg (28.07%), Vitamin B6: 0.55mg (27.27%), Fiber: 6.47g (25.88%), Potassium: 905.96mg (25.88%), Iron: 4.4mg (24.45%), Calcium: 222.27mg (22.23%), Copper: 0.34mg (17.21%), Zinc: 2.28mg (15.22%), Vitamin B1: 0.18mg (11.96%), Vitamin B5: 1.02mg (10.23%), Vitamin B12: 0.4µg (6.73%)