



Fresh Spinach-and-Apple Salad With Cinnamon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium apples thinly sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove pressed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.1 teaspoon salt

- ☐ 6 cups torn spinach fresh
- ☐ 3 tablespoons vegetable oil

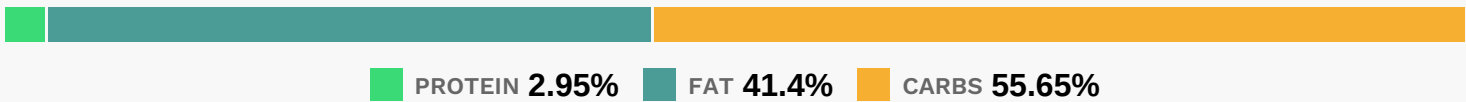
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine apples and spinach in a serving bowl.
- ☐ Whisk together honey and next 6 ingredients until well blended.
- ☐ Pour mixture over salad, tossing gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:12.73, Inflammation Score:-10, Nutrition Score:15.176956498105%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 216.52kcal (10.83%), Fat: 10.63g (16.35%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 28.81g (10.48%), Sugar: 27.11g (30.12%), Cholesterol: 0mg (0%), Sodium: 110.53mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin K: 238.18µg (226.83%), Vitamin A: 4269.3IU (85.39%), Manganese: 0.51mg (25.59%), Folate: 90.89µg (22.72%), Vitamin C: 17.19mg (20.84%), Fiber: 3.33g

(13.32%), Vitamin E: 1.93mg (12.85%), Potassium: 370.37mg (10.58%), Magnesium: 42.09mg (10.52%), Iron: 1.48mg (8.23%), Vitamin B6: 0.14mg (7.03%), Vitamin B2: 0.12mg (6.96%), Calcium: 55.13mg (5.51%), Copper: 0.1mg (4.78%), Phosphorus: 36.81mg (3.68%), Vitamin B1: 0.05mg (3.61%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.45mg (2.26%), Selenium: 1.26µg (1.8%), Vitamin B5: 0.11mg (1.06%)