



Fresh Spinach, Orange and Red Onion Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups pkt spinach fresh washed (from 10-ounce bag)
- ☐ 4 medium cranberry-orange relish seedless
- ☐ 1 serving orange juice
- ☐ 0.3 cup honey
- ☐ 3 tablespoons raspberry vinegar
- ☐ 2 tablespoons soybean oil
- ☐ 0.5 teaspoon salt
- ☐ 1 medium onion red cut into 1/4-inch-thick slices

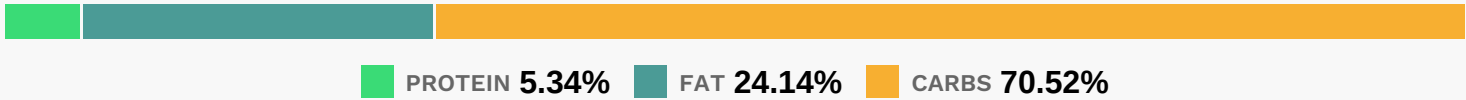
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ peeler

Directions

- ☐ Arrange spinach on serving platter or individual serving plates.
- ☐ Peel off eight 2 1/2x2-inch strips of orange peel with vegetable peeler, being careful to remove only orange part.
- ☐ Cut strips lengthwise into thin slivers.
- ☐ Cut remaining peel and white pith from oranges with sharp knife.
- ☐ Remove segments of orange by cutting between membranes, catching juice in small bowl; set orange segments aside. Squeeze membranes of oranges into bowl to remove all of juice; if necessary, add orange juice to make 1/2 cup. Beat in honey, vinegar, oil and salt with wire whisk.
- ☐ Place onion slices in single layer on ungreased cookie sheet; brush with orange juice mixture. Broil 2 to 3 inches from heat 4 to 5 minutes or just until edges begin to darken.
- ☐ Arrange orange segments on spinach. Separate onion slices into rings; scatter over oranges.
- ☐ Drizzle with remaining orange juice mixture; garnish with strips of orange peel.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:10.25, Inflammation Score:-9, Nutrition Score:15.123913189639%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 20.39mg, Hesperetin: 20.39mg, Hesperetin: 20.39mg, Hesperetin: 20.39mg Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg, Naringenin: 10.49mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 126.92kcal (6.35%), Fat: 3.65g (5.62%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.47g (7.81%), Sugar: 20.24g (22.49%), Cholesterol: 0mg (0%), Sodium: 170.65mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 151.23µg (144.03%), Vitamin C: 54.99mg (66.65%), Vitamin A: 3003.25IU (60.06%), Folate: 87.12µg (21.78%), Manganese: 0.33mg (16.59%), Potassium: 360.01mg (10.29%), Fiber: 2.54g (10.15%), Magnesium: 34.53mg (8.63%), Vitamin B1: 0.11mg (7.06%), Vitamin E: 1.02mg (6.78%), Vitamin B6: 0.13mg (6.31%), Calcium: 62.73mg (6.27%), Vitamin B2: 0.1mg (5.79%), Iron: 1.02mg (5.68%), Copper: 0.09mg (4.44%), Phosphorus: 32.49mg (3.25%), Vitamin B3: 0.52mg (2.6%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.27mg (1.82%), Selenium: 0.84µg (1.2%)