



Fruited Spinach Salad with Dried Cherry Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup lightly cashews salted toasted coarsely chopped
- ☐ 8 servings cherry vinegar dried
- ☐ 1 tablespoon honey
- ☐ 2 cups oranges peeled coarsely chopped
- ☐ 1 cup onion red vertically sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cherries dried sweet
- ☐ 2 teaspoons vegetable oil
- ☐ 8 servings vinegar

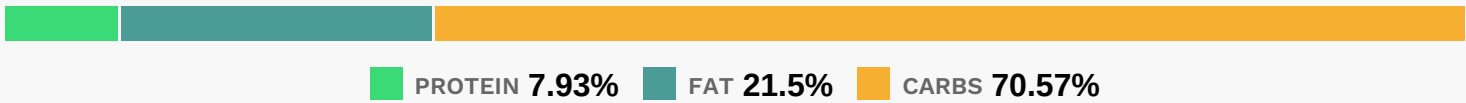
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine Dried Cherry Vinegar and next 4 ingredients in a small bowl; stir with a whisk.
- ☐ Pour vinaigrette over salad; toss gently.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:7.72, Inflammation Score:-9, Nutrition Score:16.588261013446%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 214.38kcal (10.72%), Fat: 5.53g (8.51%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 35.05g (12.75%), Sugar: 29.57g (32.86%), Cholesterol: 0mg (0%), Sodium: 146.49mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin K: 110.81µg (105.53%), Vitamin C: 41.21mg (49.95%), Vitamin A: 2454.11IU (49.08%), Fiber: 5.81g (23.24%), Manganese: 0.41mg (20.28%), Folate: 70.11µg (17.53%), Potassium: 590.37mg (16.87%), Copper: 0.33mg (16.57%), Magnesium: 61.12mg (15.28%), Iron: 1.82mg (10.11%), Phosphorus: 94.23mg (9.42%), Vitamin B6: 0.18mg (9.19%), Vitamin B1: 0.12mg (7.99%), Vitamin B2: 0.13mg (7.53%), Calcium: 73.16mg (7.32%), Vitamin B5: 0.54mg (5.36%), Vitamin E: 0.79mg (5.24%), Zinc: 0.76mg (5.08%), Vitamin B3: 0.64mg (3.22%), Selenium: 1.59µg (2.27%)