



 **100%**
HEALTH SCORE

Goldy's Special Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado diced pitted peeled
- 2 tablespoons olive oil extra virgin
- 0.5 pound mushrooms fresh sliced
- 0.5 teaspoon ground pepper black
- 1 mangos cubed peeled seeded
- 0.5 onion red julienned
- 10 ounces pkt spinach fresh washed and dried trimmed
- 1 tomatoes cut into wedges

- 1 pinch sugar white
- 0.5 cup citrus champagne vinegar

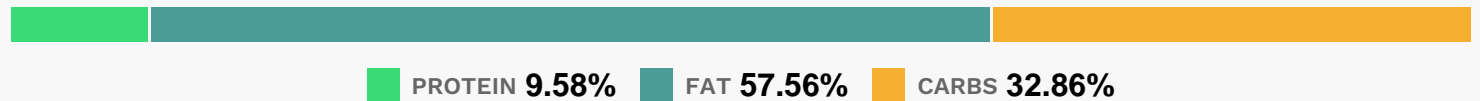
Equipment

- bowl

Directions

- In a large salad bowl, combine the spinach, mango, avocado, tomato, onion and mushrooms.
- Prepare the dressing in a jar by combining the oil, vinegar, pepper and sugar. Seal, shake well, and pour over salad. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:80.71, Glycemic Load:5.49, Inflammation Score:-10, Nutrition Score:27.864782649538%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 220.41kcal (11.02%), Fat: 15.14g (23.29%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 12.45g (4.53%), Sugar: 10.48g (11.65%), Cholesterol: 0mg (0%), Sodium: 67.53mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin K: 362.15µg (344.91%), Vitamin A: 7536.93IU (150.74%), Vitamin C: 50.35mg (61.03%), Folate: 217.36µg (54.34%), Manganese: 0.86mg (43.24%), Potassium: 1014.43mg (28.98%), Fiber: 6.99g (27.95%), Vitamin E: 4.13mg (27.53%), Vitamin B2: 0.46mg (26.88%), Copper: 0.46mg (22.76%), Magnesium: 87.22mg (21.81%), Vitamin B6: 0.43mg (21.49%), Vitamin B3: 3.98mg

(19.91%), Vitamin B5: 1.74mg (17.43%), Iron: 2.87mg (15.96%), Phosphorus: 131.02mg (13.1%), Vitamin B1: 0.17mg (11.16%), Selenium: 6.58µg (9.39%), Calcium: 92.8mg (9.28%), Zinc: 1.13mg (7.51%)