



 **53%**
HEALTH SCORE

Hearts of Palm and Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds sliced
- 2 large avocados diced pitted peeled
- 0.5 cup canola oil
- 1 pint cherry tomatoes
- 10 ounce mushrooms fresh sliced
- 2 cloves garlic chopped
- 14.3 ounce hearts of palm drained chopped canned
- 0.5 cup catsup

- 0.5 teaspoon ground mustard dry
- 0.5 teaspoon paprika
- 1 teaspoon salt
- 20 ounce pkt spinach dried fresh rinsed
- 0.5 cup sugar
- 0.3 cup vinegar white

Equipment

- bowl

Directions

- In a large serving bowl, toss the spinach with hearts of palm, tomatoes, avocados, mushrooms, and almonds.
- Combine oil, vinegar, ketchup, garlic and sugar in a jar. Season with salt, mustard and paprika. Cover with a tight fitting lid. Shake vigorously until well blended.
- Before serving, pour dressing over salad, and toss to coat evenly.

Nutrition Facts



■ PROTEIN **9.25%** ■ FAT **37.38%** ■ CARBS **53.37%**

Properties

Glycemic Index:46.52, Glycemic Load:13.05, Inflammation Score:-10, Nutrition Score:38.971739165161%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.51mg, Quercetin: 4.51mg

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Nutrients (% of daily need)

Calories: 383.27kcal (19.16%), Fat: 17.04g (26.22%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 45.35g (16.49%), Sugar: 36.45g (40.5%), Cholesterol: 0mg (0%), Sodium: 669.59mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin K: 476.13µg (453.45%), Vitamin A: 9575.24IU (191.5%), Potassium: 2493.81mg (71.25%), Vitamin C: 58.76mg (71.22%), Folate: 276.47µg (69.12%), Manganese: 1.22mg (60.87%), Vitamin B6: 1.07mg (53.43%), Copper: 0.97mg (48.52%), Vitamin E: 6.4mg (42.67%), Vitamin B2: 0.69mg (40.73%), Fiber: 9.4g (37.6%), Magnesium: 129.88mg (32.47%), Iron: 5.18mg (28.79%), Phosphorus: 271.91mg (27.19%), Zinc: 4.02mg (26.82%), Vitamin B3: 5.08mg (25.42%), Vitamin B5: 1.85mg (18.46%), Vitamin B1: 0.24mg (15.7%), Calcium: 144.45mg (14.44%), Selenium: 7.49µg (10.71%)