



Holiday Spinach Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups pkt spinach fresh
- ☐ 1 cup strawberries sliced
- ☐ 1 cup wedges honeydew melon
- ☐ 0.5 cup pecans toasted
- ☐ 3 oz edam cheese
- ☐ 3 tablespoons juice of lime
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon vegetable oil

0.8 teaspoon ground ginger grated

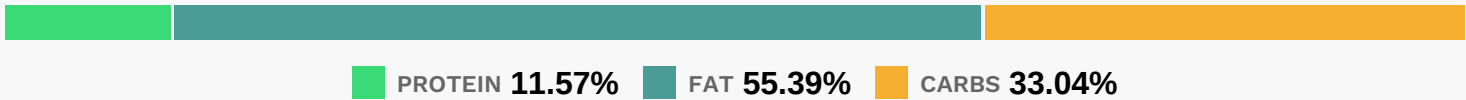
Equipment

bowl

Directions

- In large serving bowl, mix all salad ingredients.
- In tightly covered container, shake all dressing ingredients until well blended.
- Pour over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.16, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:14.886956602335%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 142.02kcal (7.1%), Fat: 9.32g (14.34%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 10.66g (3.88%), Sugar: 9.7g (10.77%), Cholesterol: 9.46mg (3.15%), Sodium: 130.77mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin K: 149.53µg (142.41%), Vitamin A:

2919.93IU (58.4%), Manganese: 0.69mg (34.68%), Vitamin C: 24.64mg (29.86%), Folate: 70.36µg (17.59%), Calcium: 117.37mg (11.74%), Magnesium: 39.85mg (9.96%), Phosphorus: 96.9mg (9.69%), Potassium: 301.9mg (8.63%), Fiber: 1.85g (7.39%), Vitamin B2: 0.12mg (6.87%), Copper: 0.14mg (6.8%), Iron: 1.2mg (6.68%), Vitamin E: 0.93mg (6.19%), Zinc: 0.91mg (6.07%), Vitamin B6: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.47%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.16µg (2.73%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.17mg (1.71%)