



Hot and Sour Spinach Salad

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup chicken broth low-sodium undiluted canned
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 egg white lightly beaten
- ☐ 2 large pink grapefruit peeled
- ☐ 0.5 cup green onions sliced
- ☐ 0.5 teaspoon hot sauce

- ☐ 4 ounces monterrey jack cheese cubed reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 6 cups torn spinach fresh

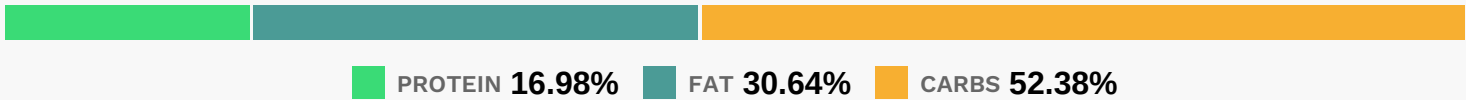
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wax paper

Directions

- ☐ Combine breadcrumbs and salt; stir well. Dip cheese in egg white; dredge in breadcrumb mixture.
- ☐ Place cheese on a baking sheet lined with wax paper. Freeze 30 minutes.
- ☐ Combine spinach and green onions; toss well, and set aside.
- ☐ Combine brown sugar and next 3 ingredients in a small saucepan; stir well. Bring to a boil; remove from heat, and stir in grapefruit.
- ☐ Remove prepared cheese from freezer.
- ☐ Remove wax paper, and bake cheese at 400 for 3 to 4 minutes or until cheese begins to soften.
- ☐ Pour grapefruit mixture over spinach mixture; toss gently. Top evenly with baked cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:18.418695646784%

Flavonoids

Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 178.37kcal (8.92%), Fat: 6.32g (9.73%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 21.47g (7.81%), Sugar: 15.39g (17.1%), Cholesterol: 16.82mg (5.61%), Sodium: 243.4mg (10.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Vitamin K: 162.93µg (155.17%), Vitamin A: 4314.73IU (86.29%), Vitamin C: 44.77mg (54.27%), Calcium: 217.21mg (21.72%), Folate: 86.42µg (21.6%), Manganese: 0.37mg (18.27%), Phosphorus: 134.54mg (13.45%), Vitamin B2: 0.21mg (12.63%), Fiber: 2.85g (11.4%), Potassium: 397.97mg (11.37%), Magnesium: 44.53mg (11.13%), Iron: 1.51mg (8.36%), Vitamin B1: 0.12mg (8.15%), Selenium: 5.41µg (7.72%), Vitamin B6: 0.15mg (7.34%), Zinc: 0.92mg (6.14%), Vitamin E: 0.85mg (5.68%), Copper: 0.11mg (5.5%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.19µg (3.12%)