



Italian Spinach and Mushroom Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz pkt spinach fresh dry rinsed
- 8 oz mushrooms sliced
- 19 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 0.3 cup bacon bits
- 0.5 cup croutons
- 0.5 cup salad dressing italian

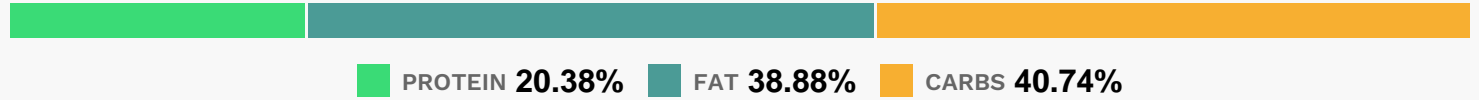
Equipment

- bowl

Directions

In large salad bowl, toss all ingredients except dressing. Just before serving, drizzle with dressing and toss gently.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:7.52, Inflammation Score:-10, Nutrition Score:31.759130156558%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 326.88kcal (16.34%), Fat: 14.65g (22.53%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 24.28g (8.83%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 1100.02mg (47.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Vitamin K: 358.77µg (341.69%), Vitamin A: 6676.61IU (133.53%), Manganese: 1.79mg (89.59%), Folate: 210.79µg (52.7%), Vitamin B6: 0.87mg (43.48%), Fiber: 10.25g (41.01%), Copper: 0.6mg (29.82%), Magnesium: 118.81mg (29.7%), Vitamin C: 21.73mg (26.34%), Phosphorus: 242.72mg (24.27%), Vitamin B2: 0.41mg (23.89%), Potassium: 827.6mg (23.65%), Iron: 4.23mg (23.51%), Vitamin E: 3.45mg (22.99%), Vitamin B1: 0.29mg (19.46%), Selenium: 12.13µg (17.33%), Vitamin B3: 3.29mg (16.46%), Calcium: 145.58mg (14.56%), Zinc: 2.02mg (13.48%), Vitamin B5: 1.31mg (13.14%), Vitamin B12: 0.26µg (4.32%)