



Jackie's Spinach and Apple Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 12 ounces baby spinach leaves
- 8 ounces cheddar cheese cubed
- 2 granny smith apples cored sliced
- 0.3 cup maple syrup
- 0.3 cup olive oil
- 0.5 cup walnuts chopped

Equipment

bowl

whisk

Directions

In a large bowl, combine the spinach, apples, Cheddar cheese and walnuts. Toss lightly to blend.

In a small bowl, whisk together the vinegar, maple syrup and olive oil.

Pour over the salad, and stir to coat. I like to use a bowl with a lid so I can shake the ingredients.

Serve immediately.

Nutrition Facts

 **PROTEIN 12.3%**  **FAT 65.45%**  **CARBS 22.25%**

Properties

Glycemic Index:18.75, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:16.613913186218%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 228.27kcal (11.41%), Fat: 17.12g (26.34%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 11.08g (4.03%), Sugar: 9g (10%), Cholesterol: 22.68mg (7.56%), Sodium: 176.81mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin K: 169.07µg (161.02%), Vitamin A: 3438.08IU (68.76%), Manganese: 0.72mg (36%), Calcium: 211.19mg (21.12%), Folate: 77.59µg (19.4%), Vitamin B2: 0.28mg (16.75%), Phosphorus: 145.27mg (14.53%), Vitamin C: 11.31mg (13.71%), Vitamin E: 1.74mg (11.63%), Magnesium: 46.05mg (11.51%), Selenium: 7.05µg (10.07%), Zinc: 1.27mg (8.44%), Potassium: 294.57mg (8.42%), Fiber: 2.01g (8.06%), Copper: 0.16mg (7.75%), Iron: 1.22mg (6.8%), Vitamin B6: 0.13mg (6.42%), Vitamin B1: 0.06mg (4.3%), Vitamin B12: 0.24µg (4.01%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.17mg (1.71%)