



 **76%**
HEALTH SCORE

Kim's Spinach Strawberry Salad

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce baby spinach leaves
- 0.5 cup cashew pieces chopped
- 0.5 cup mushrooms fresh sliced
- 2 cloves garlic
- 3 tablespoons honey
- 1 tablespoon juice of lemon
- 0.5 cup olive oil
- 0.8 teaspoon soya sauce

- 1 cup strawberries sliced
- 0.3 cup warm water
- 2 teaspoons vinegar white

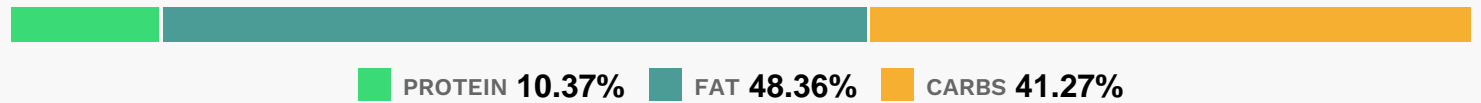
Equipment

- bowl
- blender

Directions

- Blend the olive oil, 1/3 cup cashews, warm water, honey, lemon juice, white vinegar, soy sauce, and garlic in a blender until smooth and creamy; chill in refrigerator for 1 hour.
- Toss the spinach, 1/2 cup chopped cashews, strawberries, and mushrooms in a large bowl until mixed; drizzle chilled dressing over the salad and toss lightly.

Nutrition Facts



Properties

Glycemic Index:34.56, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:16.2660870393333%

Flavonoids

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Nutrients (% of daily need)

Calories: 111.35kcal (5.57%), Fat: 6.48g (9.98%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.79g (3.92%), Sugar: 8.18g (9.09%), Cholesterol: 0mg (0%), Sodium: 67.37mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 210.18µg (200.17%), Vitamin A: 3989.84IU (79.8%), Manganese: 0.61mg (30.49%), Vitamin C: 23.7mg (28.73%), Folate: 90.51µg (22.63%), Magnesium: 60.79mg (15.2%), Copper: 0.27mg (13.37%), Iron: 1.87mg (10.39%), Potassium: 347.4mg (9.93%), Vitamin E: 1.38mg (9.21%), Phosphorus: 80.52mg (8.05%), Vitamin B6: 0.14mg (7.22%), Vitamin B2: 0.12mg (6.95%), Fiber: 1.66g (6.65%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.78mg (5.19%), Calcium: 50.52mg (5.05%), Selenium: 2.84µg (4.06%), Vitamin B3: 0.72mg (3.59%), Vitamin B5: 0.22mg (2.24%)