



HEALTH SCORE

74%

Kim's Spinach Strawberry Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce baby spinach leaves
- ☐ 0.5 cup cashew pieces chopped
- ☐ 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

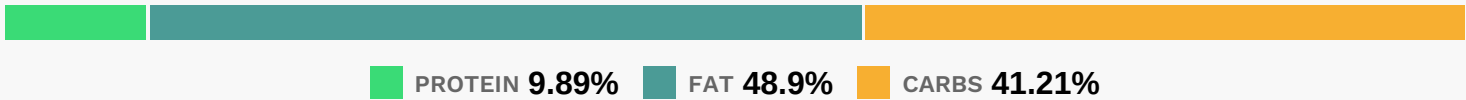
Equipment

- ☐ 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:30.56, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:15.904782766881%

Flavonoids

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Nutrients (% of daily need)

Calories: 110.03kcal (5.5%), Fat: 6.46g (9.94%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 10.66g (3.87%), Sugar: 8.07g (8.96%), Cholesterol: 0mg (0%), Sodium: 67.07mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Vitamin K: 210.18µg (200.17%), Vitamin A: 3989.84IU (79.8%), Manganese: 0.61mg (30.35%), Vitamin C: 23.57mg (28.57%), Folate: 89.49µg (22.37%), Magnesium: 60.25mg (15.06%), Copper: 0.25mg (12.41%), Iron: 1.84mg (10.23%), Potassium: 328.32mg (9.38%), Vitamin E: 1.38mg (9.2%), Phosphorus: 75.36mg (7.54%), Vitamin B6: 0.14mg (6.91%), Fiber: 1.6g (6.41%), Vitamin B2: 0.09mg (5.53%), Calcium: 50.34mg (5.03%), Zinc: 0.75mg (4.98%), Vitamin B1: 0.07mg (4.93%), Selenium: 2.28µg (3.26%), Vitamin B3: 0.5mg (2.51%), Vitamin B5: 0.13mg (1.34%)