



WHATSheATE



HEALTH SCORE

75%

Oranges, Caramelized Red Onions and Spinach with Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 5 cups baby spinach
- ☐ 0.3 cup balsamic vinegar (recommended: Fini or Colavita)
- ☐ 0.8 cup olive oil extra virgin (recommended: Lucini or Colavita)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 4 navel oranges
- ☐ 1 large onion red cut into 1/ rounds (try to keep the rounds intact)

☐ 0.1 teaspoon salt

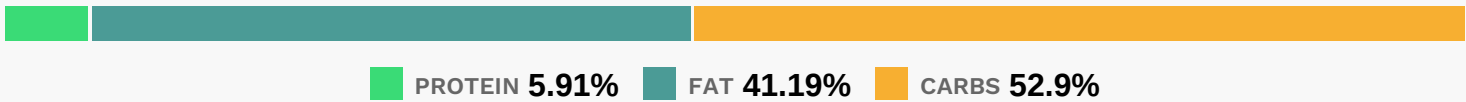
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Set oven rack 5–6 inches from top and preheat broiler. Line a baking sheet with aluminum foil.
- ☐ Make vinaigrette by combining olive oil, balsamic vinegar, cinnamon, nutmeg and salt in a small bowl.
- ☐ Dip onions into vinaigrette, being careful to keep rounds intact, and lay in a single layer on prepared baking sheet. Broil until soft and caramelized, 5–10 minutes. Keep a close eye on them so they don't burn. Set aside or refrigerate until ready to assemble salad.
- ☐ Peel oranges with a sharp knife, carefully removing all of the white membrane. Slice into rounds about 1/4-inch thick, remove any seeds, and place in a 9x13-inch baking dish.
- ☐ Pour vinaigrette over top and let oranges marinate in refrigerator for at least 15 minutes or up to several hours.
- ☐ To assemble salad, place spinach on large platter or individual plates. Scatter caramelized onions over spinach, and then place marinated oranges on top. Spoon any remaining vinaigrette, little by little, over oranges until salad is adequately dressed.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:20.329130462978%

Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 175.75kcal (8.79%), Fat: 8.54g (13.13%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 20g (7.27%), Sugar: 15.65g (17.39%), Cholesterol: 0mg (0%), Sodium: 108.69mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin K: 186.27µg (177.4%), Vitamin C: 95.34mg (115.56%), Vitamin A: 3864.33IU (77.29%), Folate: 125.7µg (31.42%), Manganese: 0.52mg (26.22%), Fiber: 4.66g (18.66%), Vitamin E: 2.15mg (14.37%), Potassium: 502.34mg (14.35%), Magnesium: 50.22mg (12.55%), Calcium: 113.32mg (11.33%), Vitamin B6: 0.22mg (10.89%), Vitamin B1: 0.14mg (9.18%), Vitamin B2: 0.15mg (8.82%), Iron: 1.46mg (8.12%), Phosphorus: 62.16mg (6.22%), Copper: 0.12mg (6.06%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.38mg (2.55%)