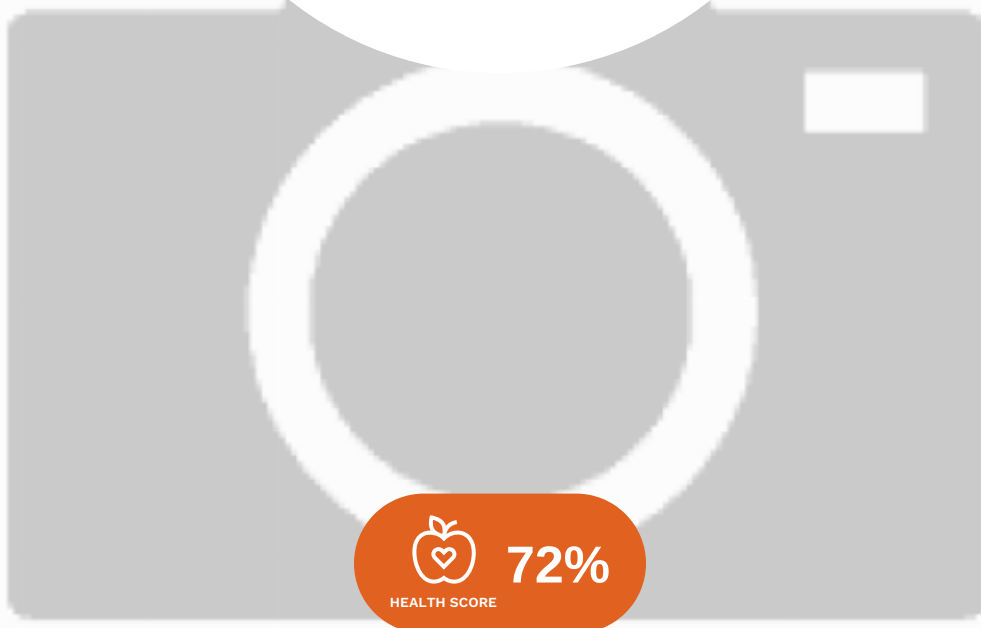




Pati's Spinach and Boysenberry Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup boysenberries fresh
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon horseradish prepared
- ☐ 2 tablespoons boysenberry jam
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons rice vinegar
- ☐ 14 ounce spinach leaves

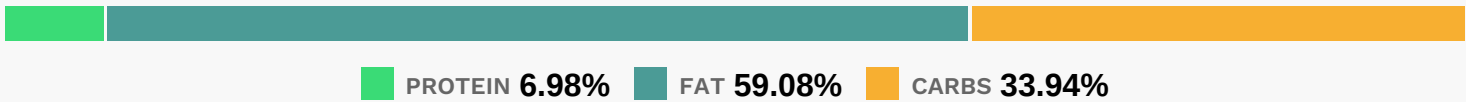
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Make the dressing by combining the olive oil, horseradish, rice vinegar, brown sugar, and boysenberry jam in a blender. Blend until smooth.
- ☐ Place the spinach in a large bowl.
- ☐ Drizzle the dressing over the spinach and toss until leaves are evenly coated.
- ☐ Sprinkle boysenberries and almonds over top of the salad; serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:16.123478280461%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 122.3kcal (6.11%), Fat: 8.43g (12.97%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.49g (3.09%), Sugar: 6.86g (7.62%), Cholesterol: 0mg (0%), Sodium: 44.67mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin K: 244.98µg (233.32%), Vitamin A: 4663.18IU (93.26%), Manganese: 0.61mg (30.39%), Folate: 108.84µg (27.21%), Vitamin E: 2.86mg (19.1%), Vitamin C: 15.05mg (18.24%), Magnesium: 50.27mg (12.57%), Fiber: 2.4g (9.6%), Potassium: 330.37mg (9.44%), Iron: 1.68mg (9.33%),

Vitamin B2: 0.14mg (8.04%), Calcium: 65.45mg (6.55%), Copper: 0.11mg (5.72%), Vitamin B6: 0.11mg (5.63%),
Phosphorus: 44.02mg (4.4%), Vitamin B1: 0.05mg (3.61%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.4mg (2.66%),
Selenium: 0.82µg (1.17%)