



Perfect Spinachberry Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce baby spinach leaves
- 1.5 tablespoons balsamic vinegar
- 2 cups candied spicy walnuts; 8
- 4 ounce feta cheese crumbled
- 3 tablespoons olive oil extra-virgin
- 0.3 small onion red sliced thin
- 1 cup strawberries fresh sliced

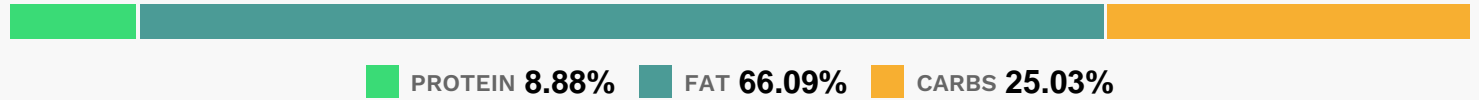
Equipment

bowl

Directions

- Combine the spinach, strawberries, onion, and walnuts in a large bowl.
- Drizzle the olive oil and balsamic vinegar over the mixture and toss to coat evenly.
- Add the feta cheese and re-toss to combine.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:19.184782484303%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 335.19kcal (16.76%), Fat: 24.9g (38.31%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 17.43g (6.34%), Sugar: 13.66g (15.17%), Cholesterol: 16.82mg (5.61%), Sodium: 424.88mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 256.14µg (243.94%), Vitamin A: 4956.34IU (99.13%), Vitamin C: 29.06mg (35.22%), Manganese: 0.58mg (28.76%), Folate: 113.51µg (28.38%), Calcium: 173.07mg (17.31%), Vitamin B2: 0.26mg (15.54%), Fiber: 3.79g (15.15%), Vitamin E: 2.17mg (14.45%), Iron: 2.45mg (13.59%), Magnesium: 48.71mg (12.18%), Potassium: 349.7mg (9.99%), Vitamin B6: 0.2mg

(9.91%), Phosphorus: 97.01mg (9.7%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.32µg (5.32%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.47µg (4.96%), Copper: 0.09mg (4.4%), Vitamin B3: 0.66mg (3.31%), Vitamin B5: 0.25mg (2.52%)