



## Pomegranate-Spinach Salad with Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 apples coarsely chopped
- 6 cups tightly baby spinach leaves packed
- 0.3 cup celery chopped
- 0.5 cup lite honey dijon dressing kraft
- 0.3 cup planters pecans toasted coarsely chopped
- 0.5 cup pomegranate seeds

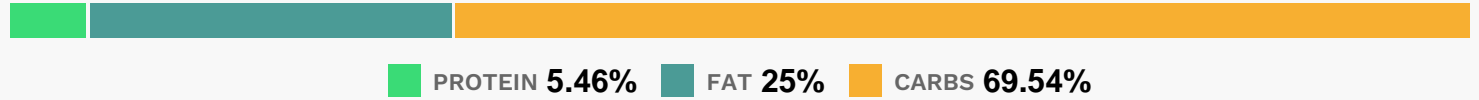
### Equipment

- bowl

## Directions

- Combine first 4 ingredients in large bowl.
- Add spinach and nuts; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:10.603043465511%

## Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 90.29kcal (4.51%), Fat: 2.52g (3.87%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.42g (4.88%), Sugar: 9.51g (10.56%), Cholesterol: 0mg (0%), Sodium: 98.88mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin K: 112.39µg (107.04%), Vitamin A: 2150.3IU (43.01%), Manganese: 0.37mg (18.62%), Folate: 50.73µg (12.68%), Vitamin C: 9.59mg (11.63%), Fiber: 2.34g (9.38%), Magnesium: 25.37mg (6.34%), Potassium: 219.32mg (6.27%), Copper: 0.1mg (4.8%), Vitamin E: 0.65mg (4.35%), Iron: 0.78mg (4.33%), Vitamin B6: 0.08mg (3.95%), Vitamin B2: 0.07mg (3.86%), Vitamin B1: 0.05mg (3.55%), Calcium: 29.46mg (2.95%), Phosphorus: 29.05mg (2.9%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.12mg (1.15%)