



Purple Flash Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves rinsed drained
- 1 teaspoon dijon mustard
- 1.5 tablespoons lavender blossoms or dried fresh chopped (see notes)
- 2 tablespoons olive oil extra-virgin
- 1 cup pink dianthus petals
- 1 tablespoon red wine vinegar
- 2 tablespoons rosemary blossoms
- 6 servings salt and pepper

0.3 cup slivered almonds

Equipment

bowl

frying pan

Directions

In an 8- to 10-inch frying pan over medium heat, shake or stir almonds until golden, about 3 minutes.

Pour from pan into a wide shallow bowl.

To bowl, add oil, vinegar, 1 tablespoon water, and mustard; mix.

Add spinach, rosemary blossoms, dianthus petals, and lavender.

Mix and season with salt and pepper to taste.

Nutrition Facts

 **PROTEIN 8.54%** **FAT 68.28%** **CARBS 23.18%**

Properties

Glycemic Index:29.33, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:12.681739055592%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 98.37kcal (4.92%), Fat: 7.97g (12.27%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 226.25mg (9.84%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin K: 140.21µg (133.53%), Vitamin A: 2702.34IU (54.05%), Manganese: 0.42mg (20.81%), Vitamin E: 2.82mg (18.83%), Folate: 60.37µg (15.09%), Vitamin C: 9.8mg (11.88%), Magnesium: 41.61mg (10.4%), Fiber: 2.19g (8.77%), Vitamin B2: 0.13mg (7.69%), Iron: 1.34mg (7.43%), Potassium: 233.14mg (6.66%), Calcium: 63.08mg (6.31%), Copper: 0.11mg (5.45%), Phosphorus: 46.61mg (4.66%), Vitamin B6: 0.08mg (4.21%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.45mg (2.26%), Selenium: 0.84µg (1.21%)