



Quick Parsley-Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons pistachios chopped
- ☐ 0.3 teaspoon salt

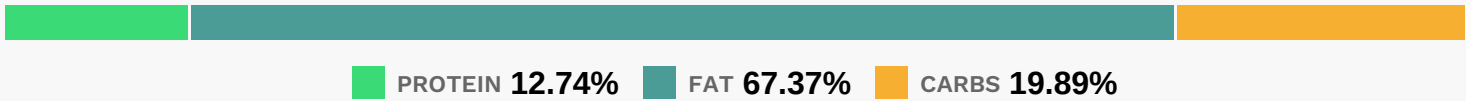
Equipment

☐ bowl

Directions

- ☐ Combine lemon juice, olive oil, salt, pepper, and Dijon mustard in a medium bowl.
- ☐ Add spinach and parsley; toss to coat. Top with pistachios.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:16.637825820757%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 77.91kcal (3.9%), Fat: 6.34g (9.76%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 186.99mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 429.44µg (408.99%), Vitamin A: 4804.45IU (96.09%), Vitamin C: 32.26mg (39.1%), Folate: 99.21µg (24.8%), Manganese: 0.45mg (22.3%), Iron: 2.21mg (12.26%), Magnesium: 44.52mg (11.13%), Potassium: 356.06mg (10.17%), Vitamin E: 1.52mg (10.1%), Vitamin B6: 0.18mg (9.23%), Fiber: 1.96g (7.82%), Copper: 0.15mg (7.34%), Calcium: 64.83mg (6.48%), Vitamin B1: 0.09mg (6.18%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 55.47mg (5.55%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.55mg (2.74%), Selenium: 0.9µg (1.29%), Vitamin B5: 0.12mg (1.21%)