



Red Cabbage and Warm Spinach Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



492 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz baby spinach
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon honey
- ☐ 2.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 oz pancetta italian sliced chopped (unsmoked cured bacon)
- ☐ 0.3 cup pinenuts

- ☐ 1 lb cabbage red cut into 1/4-inch-thick slices
- ☐ 0.1 teaspoon salt

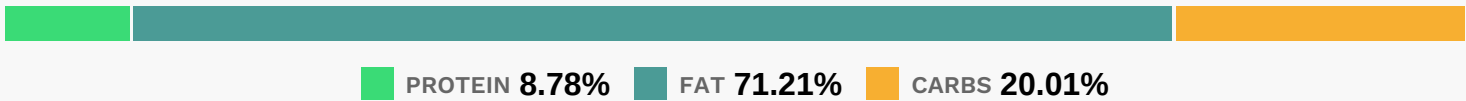
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mash garlic with salt to a paste.
- ☐ Whisk together garlic paste, mustard, honey, and vinegar, then add oil in a stream, whisking until emulsified.
- ☐ Toast pine nuts in a dry large heavy skillet over moderate heat, stirring frequently, until beginning to turn golden, about 2 minutes.
- ☐ Add pancetta and cook until browned and crisp, about 2 minutes.
- ☐ Add cabbage, tossing to combine, and cook, covered, until wilted and just tender, 8 to 10 minutes. Reduce heat to low and add spinach, stirring gently until it just begins to wilt.
- ☐ Remove pan from heat.
- ☐ Add vinaigrette and toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:114.14, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:34.9713042508%

Flavonoids

Cyanidin: 475.89mg, Cyanidin: 475.89mg, Cyanidin: 475.89mg, Cyanidin: 475.89mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg

Myricetin: 0.73mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 491.97kcal (24.6%), Fat: 40.98g (63.05%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 18.87g (6.86%), Sugar: 12.85g (14.28%), Cholesterol: 18.71mg (6.24%), Sodium: 467.76mg (20.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 11.37g (22.74%), Vitamin K: 448.63µg (427.27%), Vitamin A: 9193.29IU (183.87%), Vitamin C: 149.81mg (181.58%), Manganese: 2.72mg (136.15%), Folate: 184.22µg (46.06%), Vitamin E: 5.91mg (39.4%), Vitamin B6: 0.72mg (36.17%), Magnesium: 140.49mg (35.12%), Potassium: 1125.91mg (32.17%), Fiber: 7.04g (28.14%), Iron: 5.02mg (27.9%), Phosphorus: 246.62mg (24.66%), Vitamin B1: 0.35mg (23.03%), Vitamin B2: 0.35mg (20.87%), Copper: 0.37mg (18.73%), Calcium: 183.45mg (18.35%), Vitamin B3: 3.36mg (16.81%), Zinc: 2.34mg (15.58%), Selenium: 8.54µg (12.2%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.14µg (2.36%)