



Refreshing Spinach & Beef Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 cups baby spinach leaves dried cleaned
- 1 tsp rosemary leaves dried crushed
- 1 small clove garlic minced
- 1 Tbsp juice of lemon fresh
- 0.3 cup marinated artichoke hearts chopped
- 1 Tbsp olive oil
- 3 Tbsp parmesan cheese shredded kraft
- 7 oz oscar mayer deli slow roasted roast beef fresh

Equipment

bowl

Directions

- Combine lemon juice, oil and garlic.
- Drizzle over spinach in medium bowl; toss lightly.
- Divide spinach evenly among 4 salad plates; sprinkle with cheese.
- Top with meat and artichokes; sprinkle with rosemary.

Nutrition Facts



PROTEIN 39.02% **FAT 48.8%** **CARBS 12.18%**

Properties

Glycemic Index:15.9, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:13.034782541349%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 3.22g (4.96%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.25g (0.27%), Cholesterol: 12.33mg (4.11%), Sodium: 371.88mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Vitamin K: 145.77µg (138.83%), Vitamin A: 2895.35IU (57.91%), Vitamin C: 19.51mg (23.65%), Folate: 60.79µg (15.2%), Manganese: 0.28mg (14.03%), Calcium: 106.54mg (10.65%), Vitamin B3: 1.7mg (8.5%), Iron: 1.34mg (7.44%), Vitamin B6: 0.15mg (7.29%), Magnesium: 28.96mg (7.24%), Potassium: 228.25mg (6.52%), Phosphorus: 64.07mg (6.41%), Zinc: 0.92mg (6.16%), Vitamin B12: 0.36µg (5.92%), Vitamin E: 0.82mg (5.44%), Vitamin B2: 0.09mg (5.13%), Fiber: 0.86g (3.42%), Selenium: 2.02µg (2.88%), Copper: 0.06mg (2.76%), Vitamin B1: 0.03mg (2.3%)