



 **44%**  
HEALTH SCORE

## Sharon's Spinach/Strawberry Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



767 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 ounces almonds
- 0.3 cup apple cider vinegar
- 20 ounces baby spinach
- 1 teaspoon pepper black
- 1 teaspoon dijon mustard
- 8 ounces feta cheese
- 1 cup honey
- 1 tablespoon onion minced

- 1 tablespoon poppy seeds
- 1 large onion red
- 1 teaspoon salt
- 16 ounces strawberries
- 1 cup vegetable oil

## Equipment

## Nutrition Facts

**PROTEIN 9.78%** **FAT 43.17%** **CARBS 47.05%**

## Properties

Glycemic Index:81.07, Glycemic Load:41.26, Inflammation Score:-10, Nutrition Score:46.916956521739%

## Flavonoids

Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 9.92mg, Kaempferol: 9.92mg, Kaempferol: 9.92mg, Kaempferol: 9.92mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 767.29kcal (38.36%), Fat: 39.15g (60.24%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 96.02g (32.01%), Net Carbohydrates: 85.79g (31.2%), Sugar: 78.39g (87.1%), Cholesterol: 50.46mg (16.82%), Sodium: 1361.16mg (59.18%), Protein: 19.97g (39.94%), Vitamin K: 709.16µg (675.39%), Vitamin A: 13549.06IU (270.98%), Manganese: 2.75mg (137.52%), Vitamin C: 109.18mg (132.34%), Folate: 342.24µg (85.56%), Vitamin E: 11.51mg (76.75%), Vitamin B2: 1.14mg (66.99%), Magnesium: 229.01mg (57.25%), Calcium: 563.36mg (56.34%), Phosphorus:

459.51mg (45.95%), Fiber: 10.23g (40.91%), Potassium: 1334.63mg (38.13%), Iron: 6.48mg (36%), Vitamin B6: 0.67mg (33.66%), Copper: 0.64mg (31.86%), Zinc: 3.87mg (25.77%), Vitamin B1: 0.32mg (21.28%), Selenium: 13.14µg (18.77%), Vitamin B3: 3.22mg (16.11%), Vitamin B12: 0.96µg (15.97%), Vitamin B5: 1.03mg (10.28%), Vitamin D: 0.23µg (1.51%)