



Simple Cranberry Spinach Salad

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup raspberry walnut vinaigrette
- ☐ 1 tablespoon romano cheese shredded finely
- ☐ 6 ounce pkt spinach fresh
- ☐ 0.3 cup walnuts chopped

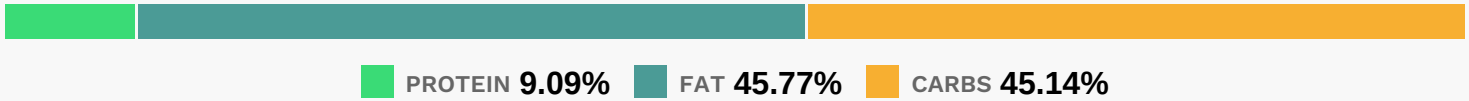
Equipment

- ☐ bowl

Directions

- ☐ Combine the spinach, cranberries, walnuts, vinaigrette, and Romano cheese in a large bowl; toss until spinach is evenly coated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:15.23434783162%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 127.44kcal (6.37%), Fat: 6.97g (10.72%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 13.34g (4.85%), Sugar: 11.96g (13.28%), Cholesterol: 1.3mg (0.43%), Sodium: 222.6mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin K: 206.45µg (196.62%), Vitamin A: 3994.64IU (79.89%), Manganese: 0.74mg (37.07%), Folate: 92.14µg (23.03%), Vitamin C: 12.1mg (14.66%), Magnesium: 49.92mg (12.48%), Copper: 0.22mg (10.85%), Fiber: 2.12g (8.5%), Iron: 1.49mg (8.25%), Potassium: 286.31mg (8.18%), Vitamin E: 1.15mg (7.64%), Vitamin B6: 0.14mg (7.01%), Calcium: 65.86mg (6.59%), Phosphorus: 64.88mg (6.49%), Vitamin B2: 0.1mg (6.03%), Vitamin B1: 0.07mg (4.55%), Zinc: 0.57mg (3.79%), Vitamin B3: 0.47mg (2.37%), Selenium: 1.14µg (1.64%), Vitamin B5: 0.11mg (1.1%)