



## Special Spinach Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 oz baby spinach leaves
- 3 slices oscar mayer bacon crumbled cooked
- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup athenos feta cheese crumbled traditional
- 3 green onions sliced
- 0.8 cup pomegranate seeds

## Equipment

- bowl

## Directions

- Toss spinach with all remaining ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:10.53, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:6.0773912823719%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 61.01kcal (3.05%), Fat: 4.89g (7.52%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.4g (1.56%), Cholesterol: 7.35mg (2.45%), Sodium: 142.92mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 61.17µg (58.26%), Vitamin A: 1109.99IU (22.2%), Folate: 28.25µg (7.06%), Manganese: 0.12mg (5.86%), Vitamin C: 4.47mg (5.42%), Vitamin B2: 0.07mg (4.32%), Calcium: 39.17mg (3.92%), Phosphorus: 32.58mg (3.26%), Vitamin B6: 0.06mg (3.13%), Magnesium: 11.9mg (2.98%), Potassium: 101.06mg (2.89%), Selenium: 1.8µg (2.58%), Fiber: 0.64g (2.56%), Vitamin B1: 0.04mg (2.37%), Iron: 0.42mg (2.32%), Vitamin E: 0.32mg (2.14%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.78%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.66%), Vitamin B5: 0.11mg (1.13%)