



WHATSheATE



HEALTH SCORE

76%

Spinach and Citrus Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



9 ounces baby spinach



1 tablespoon champagne vinegar



1 tablespoon chives fresh chopped



1 tablespoon tarragon leaves fresh chopped



4 ounces goat cheese



0.3 cup reserved citrus juice



2 tablespoons orange olive oil recommended: O Olive Oil



24 ounce sun citrus salad fresh

☐ 4 servings salt and pepper

Equipment

☐ bowl

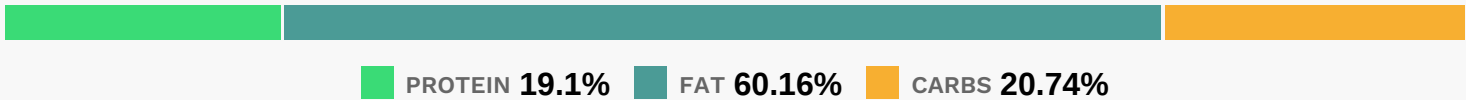
☐ whisk

Directions

☐ In a medium bowl, whisk together all ingredients for dressing and 1/4 cup reserved citrus liquid.

☐ Add spinach and toss. Divide dressed spinach onto chilled salad plates. Divide citrus salad among plates and garnish with crumbled goat cheese.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:25.21652156892%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 191.84kcal (9.59%), Fat: 13.5g (20.76%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.88g (3.23%), Sugar: 2.03g (2.25%), Cholesterol: 13.04mg (4.35%), Sodium: 394.9mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin K: 314.41µg (299.44%), Vitamin A: 8312.71IU (166.25%), Vitamin C: 58.86mg (71.34%), Manganese: 1.01mg (50.32%), Folate: 195.67µg (48.92%), Iron: 3.99mg (22.18%), Potassium: 728.16mg (20.8%), Magnesium: 80.96mg (20.24%), Vitamin B2: 0.34mg (20.02%), Copper: 0.39mg (19.54%), Vitamin B6: 0.38mg (18.87%), Phosphorus: 177.47mg (17.75%), Vitamin E: 2.36mg (15.71%), Calcium: 147.23mg (14.72%), Vitamin B1: 0.13mg (8.59%), Vitamin B3: 1.69mg (8.46%), Zinc: 1.03mg (6.89%), Fiber: 1.58g (6.33%), Vitamin B5: 0.45mg (4.48%), Selenium: 2.21µg (3.16%)