



Spinach and Fruit Honey Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 bananas sliced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup honey
- ☐ 15 ounce mandarin oranges drained canned
- ☐ 0.3 cup sesame seed toasted
- ☐ 4 cups spinach leaves
- ☐ 1 pint strawberries sliced

- ☐ 0.3 cup cranberries dried sweetened craisins® such as
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup walnuts chopped

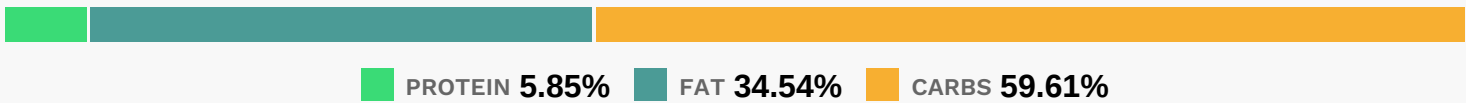
Equipment

- ☐ bowl

Directions

- ☐ Toss spinach, strawberries, bananas, mandarin oranges, cranberries, and walnuts together in a large bowl.
- ☐ Combine vinegar, oil, honey, and garlic powder in a jar with a tight-fitting lid. Seal jar and shake vigorously until the ingredients emulsify into a dressing; pour over the spinach mixture.
- ☐ Sprinkle sesame seeds over salad to serve.

Nutrition Facts



Properties

Glycemic Index:46.51, Glycemic Load:12.67, Inflammation Score:-9, Nutrition Score:21.876087012498%

Flavonoids

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Nutrients (% of daily need)

Calories: 252.59kcal (12.63%), Fat: 10.44g (16.07%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 35.3g (12.83%), Sugar: 30.04g (33.38%), Cholesterol: 0mg (0%), Sodium: 22.7mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 105.73µg (100.69%), Vitamin C: 79.59mg (96.47%), Vitamin A: 2841.44IU (56.83%), Manganese: 0.96mg (48.04%), Copper: 0.47mg (23.3%), Fiber: 5.26g (21.05%), Folate: 80.32µg (20.08%), Magnesium: 75.19mg (18.8%), Vitamin B6: 0.33mg (16.69%), Potassium: 538.79mg (15.39%), Iron: 2.32mg (12.87%), Vitamin B1: 0.18mg (11.76%), Calcium: 110.7mg (11.07%), Phosphorus: 103.64mg (10.36%), Zinc: 1.33mg (8.87%), Vitamin E: 1.23mg (8.23%), Vitamin B2: 0.14mg (7.97%), Vitamin B3: 1.41mg (7.04%), Selenium: 3.76µg (5.38%), Vitamin B5: 0.3mg (2.95%)