



Spinach and Green Apple Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounces baby spinach leaves packed (5 cups lightly)
- 1 tablespoon cider vinegar
- 1 teaspoon dijon mustard
- 1 apples i use 2 granny smith apples
- 2 tablespoons olive oil
- 4 servings salt and pepper freshly ground
- 0.3 cup walnut pieces dry toasted

Equipment

bowl

whisk

Directions

Watch how to make this recipe.

In a small bowl whisk together the oil, vinegar and mustard. Season with salt and pepper to taste.

Toss the spinach with the dressing until evenly coated then divide the spinach among 4 serving plates.

Core the apple and slice it into matchsticks.

Sprinkle a quarter of the apple pieces on top of each salad. Follow with the walnut pieces.

Serve immediately.

Nutrition Facts



PROTEIN 6.3% **FAT 72.41%** **CARBS 21.29%**

Properties

Glycemic Index:39, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:14.495652338733%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 159.01kcal (7.95%), Fat: 13.61g (20.95%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.42g (2.34%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 236.51mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin K: 176.66µg (168.25%), Vitamin A: 3350.33IU (67.01%), Manganese: 0.68mg (34.09%), Folate: 79.76µg (19.94%), Vitamin C: 12.18mg (14.77%), Vitamin E: 1.88mg

(12.55%), Magnesium: 46.47mg (11.62%), Copper: 0.21mg (10.74%), Fiber: 2.58g (10.31%), Potassium: 294.14mg (8.4%), Iron: 1.37mg (7.59%), Vitamin B6: 0.14mg (7.05%), Phosphorus: 57.75mg (5.78%), Vitamin B2: 0.09mg (5.54%), Calcium: 48.61mg (4.86%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.52mg (3.45%), Vitamin B3: 0.41mg (2.07%), Selenium: 1.26µg (1.8%), Vitamin B5: 0.11mg (1.1%)