



Spinach and Hazelnut Salad with Strawberry Balsamic Vinaigrette

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup aged balsamic vinegar
- 1 avocado ripe sliced
- 4 servings pepper black freshly ground to taste
- 0.3 cup olive oil extra virgin
- 0.3 cup golden raisins
- 0.3 cup hazelnuts chopped
- 0.5 small onion red thinly sliced

- 3.5 cups romaine lettuce leaves
- 3.5 cups torn spinach fresh
- 2 tablespoons strawberry preserves sugar-free
- 0.5 cup wheat cereal biscuits plain shredded mini

Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk together olive oil, balsamic vinegar, strawberry preserves, and black pepper.
- In a large bowl, toss together spinach, lettuce, hazelnuts, raisins, red onion, and shredded wheat biscuits.
- Drizzle salad dressing over the salad, and toss gently to combine.
- Serve topped with sliced avocado.

Nutrition Facts



PROTEIN 5.28% **FAT 65.2%** **CARBS 29.52%**

Properties

Glycemic Index:63.17, Glycemic Load:6.12, Inflammation Score:-10, Nutrition Score:23.633478304614%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 351.75kcal (17.59%), Fat: 27.4g (42.16%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 20.63g (7.5%), Sugar: 12.4g (13.78%), Cholesterol: 0mg (0%), Sodium: 33.49mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin K: 189.66µg (180.63%), Vitamin A: 6119.64IU (122.39%), Manganese: 1.22mg (60.77%), Folate: 164.92µg (41.23%), Vitamin E: 5.09mg (33.94%), Fiber: 7.28g (29.12%), Vitamin C: 16.58mg (20.09%), Potassium: 693.68mg (19.82%), Copper: 0.39mg (19.4%), Vitamin B6: 0.38mg (19.12%), Magnesium: 72.16mg (18.04%), Iron: 2.45mg (13.61%), Phosphorus: 120.29mg (12.03%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.18mg (10.74%), Vitamin B5: 0.91mg (9.14%), Vitamin B3: 1.8mg (9.01%), Calcium: 73.4mg (7.34%), Zinc: 1.05mg (6.98%), Selenium: 1.29µg (1.84%)