



Spinach and Mandarin Orange Salad

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 1.5 tablespoons butter
- ☐ 15 ounce mandarin orange segents drained canned
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 eggs beaten
- ☐ 6 ounce mushrooms fresh sliced
- ☐ 0.3 onion red separated sliced
- ☐ 0.5 cup red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1.5 tablespoons water
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup as desired

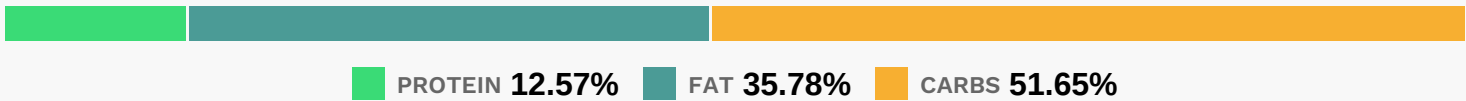
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Mix vinegar, sugar, water, butter, and salt together in a saucepan; bring to a boil. Cook and stir until sugar dissolves and mixture is bubbling, about 1 minute.
- ☐ Remove from heat and cool to room temperature, about 1 hour.
- ☐ Whisk egg into dressing; return saucepan to low heat and simmer until dressing thickens, 5 to 10 minutes.
- ☐ Combine spinach, mushrooms, mandarin oranges, almonds, bacon, red onion rings, and croutons in a large bowl; pour dressing over salad. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:12.82, Inflammation Score:-10, Nutrition Score:21.753478330115%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

0.35mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 214.19kcal (10.71%), Fat: 8.85g (13.62%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 25.69g (9.34%), Sugar: 23.72g (26.36%), Cholesterol: 40.08mg (13.36%), Sodium: 369.51mg (16.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin K: 228.5µg (217.62%), Vitamin A: 5489.6IU (109.79%), Vitamin C: 38.34mg (46.47%), Manganese: 0.6mg (30%), Folate: 108.74µg (27.18%), Vitamin B2: 0.35mg (20.5%), Vitamin E: 2.79mg (18.57%), Magnesium: 68.16mg (17.04%), Potassium: 548.13mg (15.66%), Selenium: 9.22µg (13.17%), Copper: 0.26mg (13.05%), Vitamin B3: 2.54mg (12.69%), Phosphorus: 124.6mg (12.46%), Fiber: 3.07g (12.26%), Iron: 2.18mg (12.09%), Vitamin B1: 0.18mg (11.82%), Vitamin B6: 0.21mg (10.36%), Zinc: 1.25mg (8.33%), Calcium: 81.4mg (8.14%), Vitamin B5: 0.67mg (6.7%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.22µg (1.5%)