




 **76%**
HEALTH SCORE

Spinach and Mango Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




25 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 tablespoons maple balsamic vinegar flavored
- 0.8 cup blanched slivered almonds
- 2 teaspoons mustard dry
- 0.3 teaspoon tarragon fresh chopped
- 2 mangos cubed peeled seeded
- 2 tablespoons olive oil
- 0.3 cup red wine vinegar
- 4 servings salt and pepper black freshly ground to taste

1 bunch spinach – dried fresh rinsed

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

Arrange almonds in a single layer on a baking sheet.

Bake 5 to 10 minutes, stirring occasionally, until fragrant and lightly toasted.

In a small bowl, mix red wine vinegar, maple flavored balsamic vinegar, olive oil, dry mustard, tarragon, salt, and pepper.

In a medium bowl, toss the red wine vinegar mixture with the spinach and mangos. Top with the toasted almonds.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:29.449130690616%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 278.58kcal (13.93%), Fat: 18.73g (28.82%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 18.51g (6.73%), Sugar: 16.74g (18.6%), Cholesterol: 0mg (0%), Sodium: 75.43mg (3.28%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin K: 419.33µg (399.36%), Vitamin A: 9097.84IU (181.96%), Vitamin C: 61.77mg (74.87%), Manganese: 1.26mg (63.19%), Vitamin E: 8.53mg (56.84%), Folate: 221.31µg (55.33%), Magnesium: 137.63mg (34.41%), Potassium: 808.97mg (23.11%), Fiber: 5.69g (22.75%), Copper: 0.45mg (22.28%), Vitamin B2: 0.35mg (20.5%), Iron: 3.44mg (19.11%), Phosphorus: 165.09mg (16.51%), Vitamin B6: 0.32mg (15.97%), Calcium: 150.98mg (15.1%), Vitamin B3: 2.08mg (10.38%), Vitamin B1: 0.14mg (9.5%), Zinc: 1.22mg (8.15%), Selenium: 4.21µg (6.01%), Vitamin B5: 0.33mg (3.32%)