



Spinach and Mozzarella Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby spinach
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup julienne-cut bell pepper red
- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons mozzarella cheese fresh finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion red sliced
- ☐ 0.3 teaspoon salt

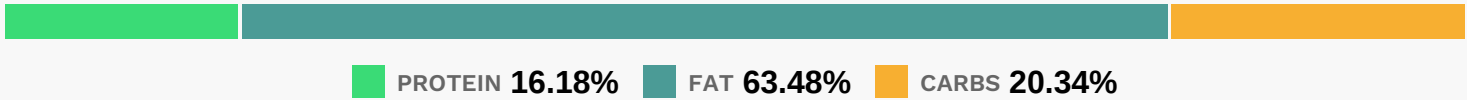
Equipment

☐ bowl

Directions

- ☐ Combine 1 cup julienne-cut red bell pepper, 1 cup sliced red onion, 2 tablespoons olive oil, and 1 tablespoon balsamic vinegar in a large bowl; let stand 15 minutes.
- ☐ Add 6 cups baby spinach, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Toss. Top with 6 tablespoons finely chopped fresh mozzarella.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:15.755217401878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 112.19kcal (5.61%), Fat: 8.19g (12.6%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.25g (1.55%), Sugar: 2.85g (3.17%), Cholesterol: 11.68mg (3.89%), Sodium: 216.09mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin K: 149.51µg (142.39%), Vitamin A: 3691.58IU (73.83%), Vitamin C: 42.19mg (51.14%), Folate: 75.74µg (18.93%), Manganese: 0.35mg (17.51%), Vitamin E: 1.71mg (11.38%), Calcium: 113.44mg (11.34%), Vitamin B6: 0.17mg (8.42%), Phosphorus: 81.87mg (8.19%), Magnesium: 32.77mg (8.19%), Potassium: 274.13mg (7.83%), Vitamin B2: 0.13mg (7.47%), Fiber: 1.66g (6.62%), Iron: 1.1mg (6.08%), Vitamin B12: 0.34µg (5.62%), Zinc: 0.7mg (4.68%), Selenium: 2.98µg (4.25%), Vitamin B1: 0.05mg (3.57%), Copper: 0.06mg (2.86%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.15mg (1.53%)