



Spinach and Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 cup mushrooms sliced
- 0.3 cup onion red thin
- 4 cups spinach leaves fresh
- 0.3 cup planters walnut pieces

Equipment

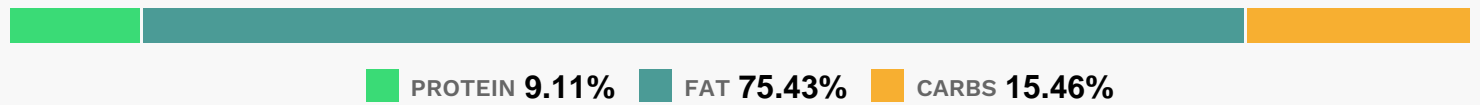
- bowl
- microwave

measuring cup

Directions

- Toss spinach leaves with mushrooms and onions in large salad bowl; set aside.
- Mix dressing and walnuts in microwavable measuring cup. Microwave on HIGH 30 seconds or until warmed; stir.
- Pour over spinach mixture; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:6.0591304585662%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 47.24kcal (2.36%), Fat: 4.15g (6.39%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 63.28mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin K: 58.06µg (55.29%), Vitamin A: 1125.91IU (22.52%), Manganese: 0.22mg (10.86%), Folate: 28.54µg (7.13%), Vitamin C: 3.91mg (4.74%), Copper: 0.09mg (4.71%), Vitamin B2: 0.07mg (3.93%), Magnesium: 15.37mg (3.84%), Potassium: 116.23mg (3.32%), Vitamin B6: 0.05mg (2.69%), Iron: 0.47mg (2.59%), Phosphorus: 25.42mg (2.54%), Fiber: 0.62g (2.5%), Vitamin B3: 0.47mg (2.35%), Vitamin B1: 0.03mg (1.93%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.17mg (1.73%), Selenium: 1.18µg (1.68%), Calcium: 16.54mg (1.65%), Zinc: 0.21mg (1.4%)