



Spinach and Pomegranate Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce baby spinach leaves rinsed drained
- 4 tablespoons balsamic vinaigrette
- 0.5 cup feta crumbled
- 1 pomegranate separated peeled
- 0.3 onion red very thin sliced
- 0.5 cup walnut pieces

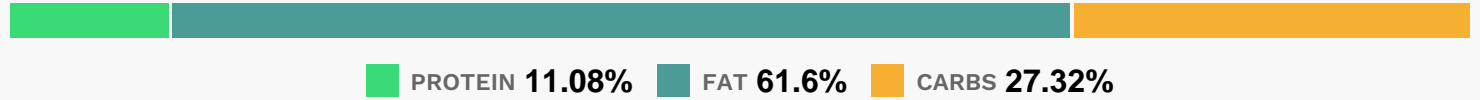
Equipment

- bowl

Directions

- Place spinach in a salad bowl. Top with red onion, walnuts, feta, and sprouts.
- Sprinkle pomegranate seeds over the top, and drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:25.106956689254%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 277.9kcal (13.9%), Fat: 20.18g (31.04%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 14.65g (5.33%), Sugar: 11.13g (12.37%), Cholesterol: 16.69mg (5.56%), Sodium: 407.42mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Vitamin K: 354.64µg (337.75%), Vitamin A: 6728.02IU (134.56%), Manganese: 1.23mg (61.65%), Folate: 185.92µg (46.48%), Vitamin C: 27.81mg (33.7%), Magnesium: 91.81mg (22.95%), Copper: 0.44mg (22.24%), Fiber: 5.48g (21.9%), Vitamin B2: 0.35mg (20.79%), Calcium: 187.06mg (18.71%), Potassium: 648.01mg (18.51%), Vitamin B6: 0.36mg (17.87%), Phosphorus: 175.89mg (17.59%), Iron: 2.69mg (14.97%), Vitamin E: 2mg (13.33%), Vitamin B1: 0.18mg (12.3%), Zinc: 1.63mg (10.84%), Selenium: 4.62µg (6.61%), Vitamin B5: 0.58mg (5.85%), Vitamin B3: 1.08mg (5.39%), Vitamin B12: 0.32µg (5.28%)