



HEALTH SCORE

81%

Spinach and Radicchio Salad with Mushrooms and Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 ounces mushrooms sliced
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 2 spring onion minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 1 head radicchio thinly
- ☐ 0.5 cup roasted cashews chopped

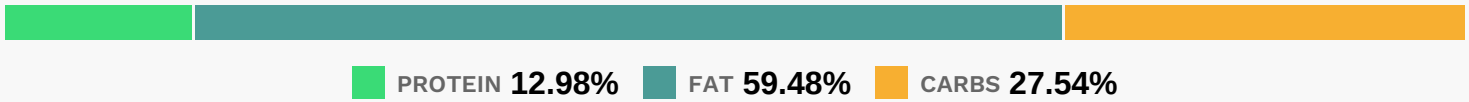
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper.
- ☐ Combine spinach and all remaining ingredients in large bowl.
- ☐ Add dressing to taste; toss to coat. Divide salad among 6 plates.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:17.236521720886%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 17.96mg, Luteolin: 17.96mg, Luteolin: 17.96mg, Luteolin: 17.96mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg

Nutrients (% of daily need)

Calories: 131.02kcal (6.55%), Fat: 9.33g (14.35%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 7.77g (2.82%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 56.7mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin K: 270.36µg (257.49%), Vitamin A: 2712.3IU (54.25%), Copper: 0.58mg (28.82%), Folate: 100.98µg (25.24%), Manganese: 0.45mg (22.58%), Vitamin C: 15.19mg (18.41%), Magnesium: 64.09mg (16.02%), Vitamin E: 2.29mg (15.28%), Potassium: 508.53mg (14.53%), Vitamin B2: 0.25mg

(14.5%), Phosphorus: 125.7mg (12.57%), Iron: 2.06mg (11.43%), Vitamin B3: 1.88mg (9.42%), Selenium: 6.15µg (8.79%), Zinc: 1.31mg (8.72%), Vitamin B5: 0.86mg (8.63%), Vitamin B6: 0.16mg (7.82%), Fiber: 1.95g (7.82%), Vitamin B1: 0.09mg (5.97%), Calcium: 48.91mg (4.89%)