



 **67%**
HEALTH SCORE

Spinach and Strawberry Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup heinz balsamic vinegar
- 4 oz athenos feta cheese crumbled traditional
- 0.3 cup green onions sliced
- 3 Tbsp grey poupon savory honey mustard
- 0.3 cup olive
- 1 Tbsp poppy seed
- 10 oz spinach leaves fresh cleaned
- 4 cups strawberries sliced

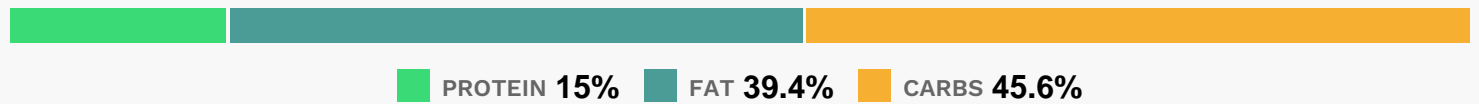
Equipment

- bowl
- whisk

Directions

- Beat vinegar and mustard in small bowl with wire whisk. Gradually add oil, beating with wire whisk until well blended.
- Toss spinach with strawberries, onions, cheese and poppy seed in large salad bowl.
- Add mustard dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:22.635652314062%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 6.02g (9.26%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 12.09g (4.4%), Sugar: 8.19g (9.09%), Cholesterol: 16.82mg (5.61%), Sodium: 382.71mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin K: 242.24µg (230.71%), Vitamin A: 4599.33IU (91.99%), Vitamin C: 70.78mg (85.8%), Manganese: 0.92mg (46.04%), Folate: 125.68µg (31.42%), Calcium: 186.2mg (18.62%), Vitamin B2: 0.28mg (16.25%), Magnesium: 61.49mg (15.37%), Fiber: 3.58g (14.3%), Potassium: 462.39mg (13.21%), Phosphorus: 126.94mg (12.69%), Iron: 2.13mg (11.81%), Vitamin B6: 0.23mg (11.31%), Vitamin E: 1.54mg (10.28%), Copper: 0.15mg (7.58%), Zinc: 1.08mg (7.18%), Vitamin B1: 0.11mg (7.05%), Selenium: 3.97µg (5.68%), Vitamin B12: 0.32µg (5.32%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.34mg (3.44%)