



WHATSheATE



HEALTH SCORE

83%

Spinach and Walnut Salad with Thyme Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1.5 tablespoons apple cider vinegar



9 ounce baby spinach leaves washed and dried



1 tablespoon thyme leaves fresh chopped



0.3 cup olive oil extra-virgin



2 oranges



6 servings salt and pepper black freshly ground



0.5 teaspoon sugar

☐ 0.5 cup walnuts toasted

Equipment

☐ bowl

☐ whisk

Directions

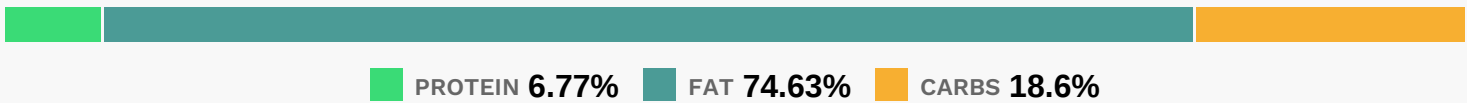
☐ Put the spinach in a salad bowl and arrange the orange segments and walnuts decoratively on top.

☐ To prepare the vinaigrette:In a small clean bowl, using a wire whisk, mix the vinegar, sugar and thyme.

☐ Drizzle in the oil, whisking constantly. Season with salt and pepper, to taste.

☐ Drizzle the thyme vinaigrette over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:46.93, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:17.902173990789%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 177.13kcal (8.86%), Fat: 15.6g (24%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 34.28mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 211.24µg (201.18%), Vitamin A: 4143.68IU (82.87%), Vitamin C: 37.17mg (45.06%), Manganese: 0.77mg (38.37%), Folate: 105.69µg (26.42%), Vitamin E: 2.31mg (15.38%), Magnesium: 55.59mg (13.9%), Copper: 0.24mg (11.9%), Fiber: 2.83g (11.3%), Potassium: 370.59mg (10.59%), Iron: 1.75mg (9.73%), Vitamin B6: 0.17mg (8.29%), Calcium: 74.64mg (7.46%), Vitamin B1: 0.11mg (7%), Vitamin B2: 0.12mg

(6.95%), Phosphorus: 62.38mg (6.24%), Zinc: 0.58mg (3.87%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.13µg (1.62%)