



HEALTH SCORE

52%

Spinach-and-Watermelon Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 cup cucumber sliced
- ☐ 0.1 teaspoon tarragon dried
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup onion separated thinly sliced
- ☐ 4 cups romaine lettuce thinly sliced

- ☐ 1 Dash salt
- ☐ 4 cups torn spinach
- ☐ 1 cup strawberries sliced
- ☐ 1 tablespoon water
- ☐ 2 cups watermelon balls (1-inch)

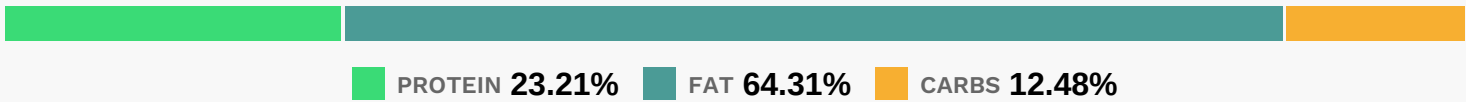
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a bowl; stir well with a whisk. Set aside.
- ☐ Combine spinach and remaining ingredients in a large bowl.
- ☐ Drizzle dressing over salad, and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:24.005217324133%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.08mg

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Nutrients (% of daily need)

Calories: 301.26kcal (15.06%), Fat: 21.58g (33.2%), Saturated Fat: 7.65g (47.84%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 7.28g (2.65%), Sugar: 6.42g (7.13%), Cholesterol: 68.14mg (22.71%), Sodium: 84.7mg (3.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.05%), Vitamin K: 156.81µg (149.34%), Vitamin A: 5547.39IU (110.95%), Vitamin B1: 0.75mg (50.23%), Selenium: 23.88µg (34.11%), Vitamin C: 27.1mg (32.85%), Folate: 113.04µg (28.26%), Vitamin B6: 0.47mg (23.47%), Vitamin B3: 4.53mg (22.66%), Manganese: 0.43mg (21.29%), Phosphorus: 201.65mg (20.16%), Vitamin B2: 0.31mg (18.07%), Potassium: 580.03mg (16.57%), Zinc: 2.39mg (15.91%), Magnesium: 49.05mg (12.26%), Iron: 2.08mg (11.53%), Vitamin B12: 0.66µg (11.04%), Fiber: 2.14g (8.55%), Vitamin B5: 0.78mg (7.82%), Copper: 0.12mg (6.07%), Calcium: 59.55mg (5.95%), Vitamin E: 0.8mg (5.32%)