



Spinach-Apple Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces pkt spinach fresh
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when red unpeeled sliced
- 0.3 cup bacon bits
- 0.5 cup salad dressing
- 0.3 cup orange juice concentrate frozen thawed ()

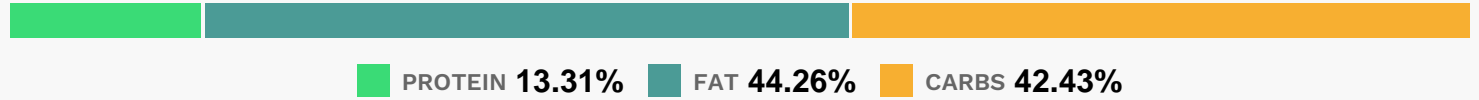
Equipment

- bowl

Directions

- Toss spinach, apple slices and bacon flavor bits in large salad bowl.
- Mix mayonnaise and orange juice concentrate; serve with salad.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:20.440434854964%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 203.86kcal (10.19%), Fat: 10.37g (15.95%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 18.34g (6.67%), Sugar: 13.41g (14.9%), Cholesterol: 0mg (0%), Sodium: 599.91mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin K: 291.38µg (277.5%), Vitamin A: 5419.09IU (108.38%), Vitamin C: 44.16mg (53.53%), Folate: 143.81µg (35.95%), Manganese: 0.54mg (27.11%), Vitamin E: 3mg (20.02%), Magnesium: 68.8mg (17.2%), Fiber: 4.03g (16.1%), Potassium: 522.83mg (14.94%), Vitamin B1: 0.2mg (13.02%), Vitamin B6: 0.21mg (10.3%), Iron: 1.83mg (10.18%), Vitamin B2: 0.16mg (9.44%), Copper: 0.18mg (9.09%), Calcium: 84.36mg (8.44%), Phosphorus: 80.11mg (8.01%), Vitamin B3: 0.92mg (4.6%), Zinc: 0.64mg (4.29%), Selenium: 2.32µg (3.31%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.16mg (1.64%)