



Spinach-Apple Salad With Maple-Cider Vinaigrette



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz baby spinach fresh washed
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.1 teaspoon curry powder
- ☐ 1 tablespoon dijon mustard
- ☐ 1 gala apple thinly sliced
- ☐ 4 oz goat cheese crumbled

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 servings maple syrup
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.7 cup olive oil
- ☐ 6 oz pecans
- ☐ 8 servings pecans
- ☐ 0.3 teaspoon pepper
- ☐ 1 small onion red thinly sliced
- ☐ 8 servings the salad
- ☐ 3 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Prepare Pecans: Preheat oven to 35
- ☐ Toss pecans in butter. Stir together sugar and next 4 ingredients in a bowl; add pecans, tossing to coat.
- ☐ Spread in a single layer in a nonstick aluminum foil-lined pan.
- ☐ Bake 10 to 13 minutes or until lightly browned and toasted. Cool in pan on a wire rack 20 minutes; separate pecans with a fork.

- ☐
- Whisk together cider vinegar and next 4 ingredients. Gradually whisk in oil until well blended.
- ☐
- Combine spinach and next 3 ingredients in a bowl.
- ☐
- Drizzle with desired amount of Maple–Cider Vinaigrette; toss to coat.
- ☐
- Sprinkle with pecans.
- ☐
- Serve salad with any remaining vinaigrette.
- ☐
- Note: Pecans may be made up to 1 week ahead. Store in an airtight container. Vinaigrette may be made up to 3 days ahead. Cover and chill until ready to serve.

PROTEIN

6.78%

FAT

60.25%

CARBS

32.97%

Properties

Glycemic Index:55.64, Glycemic Load:10.72, Inflammation Score:-10, Nutrition Score:22.967391001142%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 368.68kcal (18.43%), Fat: 25.77g (39.64%), Saturated Fat: 5.78g (36.16%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 27.91g (10.15%), Sugar: 23.65g (26.28%), Cholesterol: 14.05mg (4.68%), Sodium: 246.39mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin K: 175.35µg (167%), Manganese: 2.06mg (102.86%), Vitamin A: 4051.24IU (81.02%), Vitamin B2: 0.5mg (29.46%), Vitamin C: 21.58mg (26.16%), Folate: 93.78µg (23.44%), Copper: 0.45mg (22.63%), Magnesium: 71.2mg (17.8%), Fiber: 3.82g (15.28%), Vitamin B1: 0.23mg (15.15%), Phosphorus: 141.47mg (14.15%), Potassium: 476mg (13.6%), Iron: 2.23mg (12.4%), Vitamin E: 1.72mg (11.49%), Calcium: 110.9mg (11.09%), Zinc: 1.64mg (10.95%), Vitamin B6: 0.21mg (10.61%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.4mg (4.01%), Selenium: 2.58µg (3.69%)