



Spinach, Asparagus, and Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus rinsed ends trimmed cut into 1-inch pieces
- 2 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 8 servings bell pepper
- 0.3 teaspoon salt
- 8 ounces spinach leaves rinsed
- 8 ounces strawberries hulled rinsed sliced
- 0.5 cup walnuts toasted chopped (see note above)

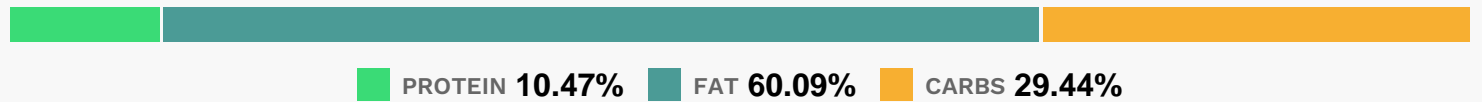
Equipment

- bowl
- oven
- baking pan

Directions

- Pour 1 tablespoon olive oil into a 12- by 15-inch baking pan; add asparagus, sprinkle with 1/4 teaspoon salt, and mix to coat.
- Spread in a single layer and bake in a 400 oven, stirring often, until tender when pierced, 15 to 20 minutes.
- Let cool, about 15 minutes.
- Meanwhile, in a large bowl, mix vinegar and remaining 2 tablespoons oil.
- Add spinach, strawberries, toasted walnuts, and cooled asparagus; mix to coat.
- Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.48, Inflammation Score:-10, Nutrition Score:23.958695587905%

Flavonoids

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Nutrients (% of daily need)

Calories: 144.06kcal (7.2%), Fat: 10.5g (16.16%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 7.15g (2.6%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 100.64mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin K: 168.15µg (160.14%), Vitamin C: 123.27mg (149.41%), Vitamin A: 5424.44IU (108.49%), Manganese: 0.79mg (39.59%), Folate: 132.72µg (33.18%), Vitamin E: 3.28mg (21.88%), Vitamin B6: 0.38mg (18.81%), Fiber: 4.44g (17.74%), Iron: 2.69mg (14.94%), Potassium: 510.09mg (14.57%), Copper: 0.29mg (14.38%), Magnesium: 55mg (13.75%), Vitamin B2: 0.21mg (12.59%), Vitamin B1: 0.18mg (11.68%), Phosphorus: 95.61mg (9.56%), Vitamin B3: 1.68mg (8.4%), Zinc: 0.91mg (6.08%), Calcium: 59.77mg (5.98%), Vitamin B5: 0.49mg (4.87%), Selenium: 2.13µg (3.05%)