



Spinach-Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon canola oil
- 2 tablespoons apple cider vinegar
- 0.3 cup apricot preserves
- 0.5 teaspoon salt
- 6 oz baby spinach
- 2 cups mangos
- 0.5 cup onion red very thinly sliced
- 0.5 cup golden raisins

Equipment

- bowl
- whisk

Directions

- In small bowl, beat oil, vinegar, preserves and salt with wire whisk or fork until blended.
- In large bowl, toss remaining ingredients.
- Pour dressing over spinach mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:9.41, Inflammation Score:-9, Nutrition Score:14.31695663929%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 2.75g (4.23%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 26.39g (9.6%), Sugar: 21.1g (23.44%), Cholesterol: 0mg (0%), Sodium: 224.23mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 141.38µg (134.65%), Vitamin A: 3280.65IU (65.61%), Vitamin C: 30.52mg (36.99%), Folate: 81.68µg (20.42%), Manganese: 0.36mg (18.08%), Potassium: 374.01mg (10.69%), Vitamin E: 1.51mg (10.09%), Fiber: 2.25g (9.01%), Vitamin B6: 0.18mg (8.92%), Magnesium: 34.24mg (8.56%), Copper: 0.16mg (8.03%), Iron: 1.18mg (6.54%), Vitamin B2: 0.1mg (6.12%), Calcium: 46.69mg (4.67%), Phosphorus: 40.15mg (4.01%), Vitamin B3: 0.73mg (3.66%), Vitamin B1: 0.04mg (2.97%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.16mg (1.63%), Selenium: 1.03µg (1.48%)