



Spinach, Pear and Feta Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups baby spinach leaves
- 0.5 cup feta cheese crumbled
- 1 cup diet lemon-lime soda
- 2 pears cored thinly sliced
- 0.5 cup pinenuts toasted
- 1 shallots finely chopped
- 0.5 cup raspberry vinaigrette salad dressing

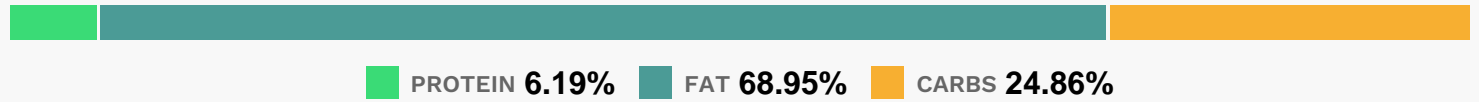
Equipment

bowl

Directions

- Place the pears in a bowl with the lemon-lime soda. Set aside; this will keep them from turning brown.
- Place the baby spinach in a serving bowl, and add the shallot, feta cheese and pine nuts.
- Drain the pears, and discard the soda.
- Add pears to the salad, and toss to blend.
- Serve with raspberry vinaigrette dressing.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:4.55, Inflammation Score:-9, Nutrition Score:21.220434748608%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 389.89kcal (19.49%), Fat: 31.48g (48.43%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 21.29g (7.74%), Sugar: 16.69g (18.55%), Cholesterol: 16.69mg (5.56%), Sodium: 245.64mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 6.36g (12.72%), Vitamin K: 189.17µg (180.17%), Manganese: 1.82mg (91.03%), Vitamin A: 2919.62IU (58.39%), Vitamin E: 3.77mg (25.11%), Folate: 78.29µg (19.57%), Magnesium: 77.75mg (19.44%), Phosphorus: 189.35mg (18.93%), Copper: 0.35mg (17.31%), Fiber: 4.24g (16.97%), Vitamin B2: 0.28mg (16.33%), Vitamin C: 12.89mg (15.63%), Calcium: 136.34mg (13.63%), Zinc: 1.91mg (12.72%), Iron: 2.12mg (11.75%), Potassium: 406.97mg (11.63%), Vitamin B6: 0.2mg (10.06%), Vitamin B1:

0.13mg (8.54%), Vitamin B3: 1.31mg (6.54%), Selenium: 3.89µg (5.56%), Vitamin B12: 0.32µg (5.28%), Vitamin B5:
0.32mg (3.15%)