



## Spinach Salad in a Parmesan Frico Cup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 6 cups baby spinach leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 cranberry-orange relish cut into segents
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon orange zest
- ☐ 1.5 cups parmesan grated
- ☐ 0.5 onion red thinly sliced

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Special equipment: a silpat mat, a muffin tin, and a small drinking glass
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place a silpat mat on a baking sheet.
- ☐ Place 6 (1/4-cup) mounds of Parmesan cheese on the mat and gently tap down until each mound is flat and 4 1/2 to 5 inches in diameter.
- ☐ Bake for 8 to 10 minutes, until golden and bubbly. Working quickly, use a thin spatula to transfer the Parmesan Frico to a muffin tin. Gently place a small drinking glass on top of the Parmesan Frico to mold it into the shape 1 of the muffin cups.
- ☐ Let cool until firm, about 5 minutes. Continue with the remaining Parmesan cheese.
- ☐ Combine all the ingredients in a jar or a tight-sealing plastic container. Shake to blend.
- ☐ In a large bowl, combine all the ingredients.
- ☐ Drizzle with vinaigrette and toss to combine. Divide the salad among the Parmesan Frico Cups and serve immediately.

## Nutrition Facts



Properties

Glycemic Index:45.8, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:17.464782520481%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 3.46mg, Naringenin: 3.46mg, Naringenin: 3.46mg, Naringenin: 3.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 234.01kcal (11.7%), Fat: 18.18g (27.97%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.25g (4.72%), Cholesterol: 17mg (5.67%), Sodium: 618.74mg (26.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin K: 151.06µg (143.86%), Vitamin A: 3065.22IU (61.3%), Calcium: 352.26mg (35.23%), Vitamin C: 23.56mg (28.55%), Vitamin E: 3.32mg (22.11%), Phosphorus: 219.55mg (21.95%), Manganese: 0.43mg (21.58%), Folate: 71.96µg (17.99%), Magnesium: 52.44mg (13.11%), Vitamin B2: 0.21mg (12.44%), Selenium: 6.32µg (9.02%), Potassium: 292.58mg (8.36%), Fiber: 2.07g (8.29%), Iron: 1.33mg (7.4%), Zinc: 1.05mg (6.97%), Copper: 0.12mg (5.89%), Vitamin B6: 0.12mg (5.8%), Vitamin B12: 0.3µg (5%), Vitamin B1: 0.07mg (4.7%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.24mg (2.36%)