



## Spinach Salad with Blood Orange Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 cups baby spinach
- 0.3 cup blood orange juice
- 0.1 teaspoon cayenne pepper
- 1 tablespoon dijon mustard
- 1 tablespoon ginger fresh minced
- 1 garlic clove minced
- 3 ounces gorgonzola crumbled
- 0.1 teaspoon ground cumin

- 1 tablespoon honey
- 0.5 cup olive oil
- 1 cup pumpkin seeds raw shelled (pepitas)
- 1 bell pepper red seeded cut into 1-inch strips
- 2 tablespoons red wine vinegar
- 8 servings salt and pepper
- 1 tablespoon shallots minced
- 0.5 teaspoon vegetable oil

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

## Directions

- Preheat oven to 375F. Toss pumpkin seeds with 1/8 tsp. salt, cayenne pepper, cumin and vegetable oil.
- Spread in a single layer on a rimmed baking sheet; roast for 5 minutes, shaking pan halfway through.
- Pour into a dish; cool.
- Mix juice, shallot, garlic, ginger, vinegar, mustard and honey in a blender until smooth. With motor running, drizzle in olive oil. Season with salt and pepper.
- In a salad bowl toss spinach and bell pepper with enough vinaigrette to coat.
- Add pumpkin seeds and Gorgonzola; toss.
- Serve extra dressing on the side.

## Nutrition Facts



■ PROTEIN 16.28% ■ FAT 65.4% ■ CARBS 18.32%

## Properties

Glycemic Index:43.66, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:15.542173938907%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 133.34kcal (6.67%), Fat: 10.19g (15.68%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.95g (1.8%), Sugar: 3.84g (4.26%), Cholesterol: 7.97mg (2.66%), Sodium: 356.53mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin K: 112.47µg (107.11%), Vitamin A: 2688.27IU (53.77%), Vitamin C: 29.72mg (36.02%), Manganese: 0.61mg (30.49%), Magnesium: 72.22mg (18.05%), Phosphorus: 160.29mg (16.03%), Folate: 62.04µg (15.51%), Vitamin E: 1.33mg (8.85%), Calcium: 87.31mg (8.73%), Iron: 1.55mg (8.62%), Potassium: 280.58mg (8.02%), Copper: 0.15mg (7.72%), Zinc: 1.1mg (7.35%), Vitamin B2: 0.11mg (6.7%), Vitamin B6: 0.13mg (6.63%), Fiber: 1.47g (5.86%), Selenium: 3.28µg (4.68%), Vitamin B3: 0.88mg (4.38%), Vitamin B1: 0.06mg (4.2%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.13µg (2.16%)