



Spinach Salad with Cilantro-Lime vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cup carrots shredded
- ☐ 0.8 cup cilantro leaves chopped
- ☐ 1 cup cucumber chopped
- ☐ 1 cup feta cheese crumbled
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 juice of lime
- ☐ 0.8 cup olive oil
- ☐ 4 radishes thinly sliced

- ☐ 0.3 cup onion red chopped
- ☐ 6 servings salt and pepper
- ☐ 4 cups pre-washed spinach
- ☐ 1 cup tomatoes chopped
- ☐ 2 tablespoon vinegar white

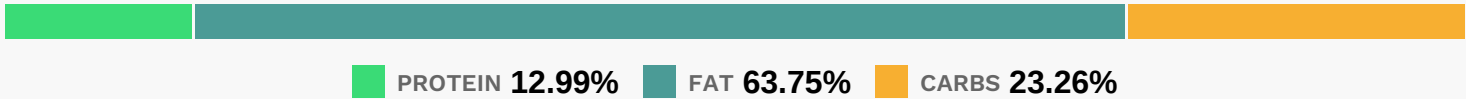
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine the lime juice, ground cumin, white vinegar, olive oil, cilantro, salt and pepper. Blend until smooth.To serve, place spinach in a large platter. Top with cucumber, radishes, onion,tomato, carrots and feta cheese.
- ☐ Drizzle dressing over the salad and season with salt and pepper.I would like to submit this recipe for this week blogger secret ingredient: Lime. Hosted by Jen of My Kitchen addiction.

Nutrition Facts



Properties

Glycemic Index:50.81, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:17.484782651715%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 151.42kcal (7.57%), Fat: 11.09g (17.06%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.72g (2.44%), Sugar: 3.68g (4.09%), Cholesterol: 22.25mg (7.42%), Sodium: 528.59mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Vitamin A: 9473IU (189.46%), Vitamin K: 115.83µg (110.31%), Vitamin C: 16.85mg (20.42%), Vitamin B2: 0.29mg (17.19%), Calcium: 169.44mg (16.94%), Folate: 66.34µg (16.58%), Manganese: 0.32mg (16.09%), Vitamin B6: 0.25mg (12.74%), Phosphorus: 125.7mg (12.57%), Vitamin E: 1.73mg (11.52%), Potassium: 395.64mg (11.3%), Fiber: 2.39g (9.55%), Magnesium: 33.9mg (8.48%), Vitamin B1: 0.11mg (7.14%), Vitamin B12: 0.42µg (7.04%), Zinc: 1.05mg (7.03%), Iron: 1.11mg (6.16%), Selenium: 4.13µg (5.91%), Vitamin B3: 1.02mg (5.12%), Vitamin B5: 0.49mg (4.86%), Copper: 0.1mg (4.84%)