



Spinach Salad with Cranberry Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup roasted cranberry sauce whole
- 0.3 cup vegetable oil
- 2 tablespoons orange juice
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 0.3 teaspoon salt
- 10 oz baby spinach fresh
- 2 avocado pitted peeled sliced

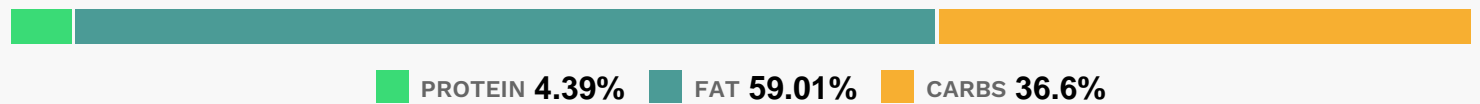
- 1 tablespoon orange juice
- 0.5 cup pomegranate seeds

Equipment

Directions

- In jar with tight-fitting lid, place all dressing ingredients; shake until well blended. Refrigerate.
- Arrange spinach leaves on individual salad plates. Coat avocado slices with 1 tablespoon orange juice; arrange over spinach.
- Sprinkle with pomegranate seeds.
- Drizzle salads with dressing.

Nutrition Facts



Properties

Glycemic Index:43.16, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:16.167391362398%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 14.5g (22.3%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 15.46g (5.62%), Sugar: 12.89g (14.33%), Cholesterol: 0mg (0%), Sodium: 106.56mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin K: 196.17µg (186.83%), Vitamin A: 3416.38IU (68.33%), Folate: 115.54µg (28.88%), Vitamin C: 19.42mg (23.54%), Manganese: 0.42mg (21.12%), Fiber: 4.77g

(19.09%), Vitamin E: 2.54mg (16.96%), Potassium: 490.52mg (14.01%), Magnesium: 45.44mg (11.36%), Vitamin B6: 0.21mg (10.61%), Vitamin B2: 0.15mg (8.55%), Copper: 0.17mg (8.4%), Iron: 1.4mg (7.8%), Vitamin B5: 0.78mg (7.75%), Vitamin B3: 1.21mg (6.05%), Vitamin B1: 0.08mg (5.1%), Phosphorus: 49.94mg (4.99%), Calcium: 44.8mg (4.48%), Zinc: 0.57mg (3.79%), Selenium: 0.73µg (1.04%)