

health-score 76%

HEALTH SCORE

Spinach Salad With Ease

Vegetarian Gluten Free Very Healthy

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 cup peas fresh green
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 10 ounce pre-washed spinach fresh

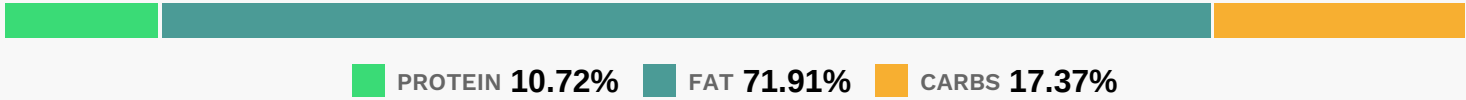
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, toss together the spinach, peas and olive oil until evenly coated.
- ☐ Add the lemon juice, feta and salt and pepper, and toss again.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:21.85782590638%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 191.5kcal (9.57%), Fat: 15.95g (24.55%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.54g (2.82%), Cholesterol: 8.34mg (2.78%), Sodium: 358.81mg (15.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Vitamin K: 359.61µg (342.48%), Vitamin A: 6963.16IU (139.26%), Vitamin C: 37.32mg (45.23%), Folate: 165.56µg (41.39%), Manganese: 0.79mg (39.42%), Vitamin E: 3.46mg (23.05%), Magnesium: 70.19mg (17.55%), Vitamin B2: 0.26mg (15.41%), Fiber: 3.65g (14.59%), Iron: 2.6mg (14.43%), Potassium: 497.64mg (14.22%), Calcium: 126.15mg (12.62%), Vitamin B6: 0.24mg (12.13%), Vitamin B1: 0.17mg (11.2%), Phosphorus: 106.07mg (10.61%), Copper: 0.16mg (8.01%), Zinc: 1.1mg (7.33%), Vitamin B3: 1.37mg (6.85%), Selenium: 2.78µg (3.96%), Vitamin B12: 0.16µg (2.64%), Vitamin B5: 0.18mg (1.84%)