



WHATSheATE



Spinach Salad with Feta, New Potatoes, and Artichokes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 12 servings garnish: basil fresh
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 medium cucumber peeled cut into 1/4-inch rounds
- ☐ 0.5 pound feta cheese rinsed cut into 1/2-inch cubes
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 0.3 cup onion red thinly sliced into half rounds (1/2 small onion)

- ☐ 1 pound potatoes red scrubbed
- ☐ 10 ounce pkt spinach fresh washed drained
- ☐ 1 cup greek vinaigrette divided

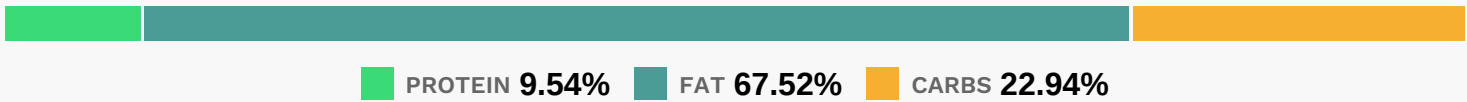
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potatoes in lightly salted water to cover in a large saucepan. Bring to a boil, reduce heat, and simmer 20 to 25 minutes or until tender when pierced with a fork.
- ☐ Drain, cool to room temperature, and quarter. Set aside.
- ☐ Toss spinach with 1/2 cup Greek Vinaigrette in a large bowl.
- ☐ Transfer to serving platter.
- ☐ Combine potato, onion, and next 4 ingredients in a large bowl. Toss gently with remaining 1/2 cup of Greek Vinaigrette. Arrange vegetables over spinach, and top with feta.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:15.436086903448%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 202.21kcal (10.11%), Fat: 15.59g (23.99%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 9.58g (3.48%), Sugar: 2.75g (3.06%), Cholesterol: 16.82mg (5.61%), Sodium: 455.89mg

(19.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin K: 146.83µg (139.84%), Vitamin A: 2630.23IU (52.6%), Vitamin C: 20.02mg (24.27%), Manganese: 0.35mg (17.57%), Folate: 68.32µg (17.08%), Vitamin B2: 0.23mg (13.62%), Calcium: 134.26mg (13.43%), Vitamin E: 1.93mg (12.9%), Potassium: 439.07mg (12.54%), Vitamin B6: 0.24mg (11.95%), Phosphorus: 115.2mg (11.52%), Magnesium: 38.36mg (9.59%), Fiber: 2.34g (9.36%), Iron: 1.44mg (8.01%), Copper: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.73%), Zinc: 0.9mg (6.01%), Selenium: 3.88µg (5.54%), Vitamin B12: 0.32µg (5.32%), Vitamin B3: 1.04mg (5.22%), Vitamin B5: 0.4mg (4.04%)