



Spinach Salad with fresh Grapes, Plums, Peaches and Kiwis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 0.5 cup almonds toasted
- ☐ 4 cups baby spinach washed
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 cup grapes green
- ☐ 2 kiwis sliced for garnish
- ☐ 2 tablespoons olive oil

- ☐ 3 tablespoons orange juice
- ☐ 1 peaches sliced
- ☐ 2 plums sliced
- ☐ 0.5 cup grapes red
- ☐ 1 tablespoon rice vinegar
- ☐ 6 servings salt and pepper black to taste

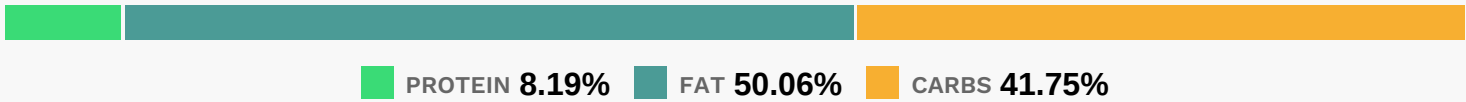
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place all ingredients in a food processor or blender and blend until smooth. Set aside.
- ☐ Place spinach and sliced fruit in a salad bowl and toss with kiwi vinaigrette.
- ☐ Garnish with additional fruit pieces and top with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:69.1, Glycemic Load:6.52, Inflammation Score:-9, Nutrition Score:16.390869721122%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg

0.23mg, Naringenin: 0.23mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 185.84kcal (9.29%), Fat: 11.04g (16.99%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 16.92g (6.15%), Sugar: 14.61g (16.23%), Cholesterol: 0mg (0%), Sodium: 219.93mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin K: 118.27µg (112.64%), Vitamin C: 37.05mg (44.9%), Vitamin A: 2093.22IU (41.86%), Vitamin E: 4.85mg (32.33%), Manganese: 0.53mg (26.55%), Fiber: 3.79g (15.16%), Magnesium: 59.33mg (14.83%), Folate: 58.66µg (14.67%), Vitamin B2: 0.22mg (13%), Copper: 0.26mg (12.9%), Potassium: 390.02mg (11.14%), Phosphorus: 93.52mg (9.35%), Iron: 1.33mg (7.36%), Calcium: 68.87mg (6.89%), Vitamin B1: 0.09mg (6.03%), Vitamin B6: 0.12mg (6%), Vitamin B3: 1.09mg (5.45%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.22mg (2.22%), Selenium: 1.52µg (2.18%)