



Spinach Salad with Gorgonzola, Pistachios, and Pepper Jelly Vinaigrette



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups baby spinach fresh
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup dry-roasted pistachios
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 0.3 cup pepper jelly red
- ☐ 0.1 teaspoon kosher salt

☐ 1 tablespoon olive oil extra-virgin

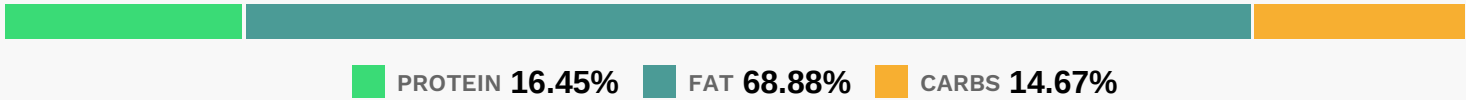
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Place jelly in a 1-cup glass measure. Microwave at HIGH 30 seconds.
- ☐ Add cider vinegar, oil, salt, and black pepper, stirring with a whisk until blended. Cool to room temperature.
- ☐ Combine spinach and cheese in a large bowl.
- ☐ Drizzle vinegar mixture over spinach mixture; toss well.
- ☐ Sprinkle with nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:14.915652009456%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 85.96kcal (4.3%), Fat: 6.97g (10.73%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.78g (0.87%), Cholesterol: 3.54mg (1.18%), Sodium: 160.56mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin K: 195.09µg (185.8%), Vitamin A: 3981.46IU (79.63%), Manganese: 0.51mg (25.71%), Vitamin C: 19.19mg (23.26%), Folate: 88.23µg (22.06%), Magnesium: 44.88mg (11.22%), Vitamin E: 1.57mg (10.44%), Potassium: 292.26mg (8.35%), Iron: 1.25mg (6.95%), Calcium: 69.2mg (6.92%), Vitamin B6: 0.13mg (6.66%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.3mg (6.5%),

Phosphorus: 62.65mg (6.27%), Fiber: 1.55g (6.18%), Copper: 0.08mg (4.13%), Zinc: 0.53mg (3.53%), Vitamin B1: 0.05mg (3.03%), Selenium: 1.68µg (2.4%), Vitamin B5: 0.22mg (2.15%)