



Spinach Salad with Honey-Brown Butter Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby spinach loosely packed
- ☐ 4 tablespoons butter
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 shallots chopped

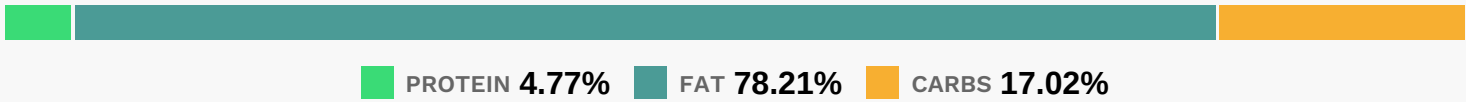
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter in a small skillet over medium heat.
- ☐ Add the shallot and cook until the shallot is tender and the butter turns a light brown color, 2 to 3 minutes.
- ☐ Remove from the heat and stir in the vinegar, honey, and salt and pepper.
- ☐ Pour over the spinach in a bowl and toss.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:13.940000066291%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 126.83kcal (6.34%), Fat: 11.54g (17.75%), Saturated Fat: 7.23g (45.17%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.56g (3.96%), Cholesterol: 30.1mg (10.03%), Sodium: 126.78mg (5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin K: 218.54µg (208.14%), Vitamin A: 4570.31IU (91.41%), Folate: 89.93µg (22.48%), Manganese: 0.44mg (21.96%), Vitamin C: 13.18mg (15.98%), Magnesium: 37.53mg (9.38%), Vitamin E: 1.24mg (8.28%), Potassium: 279.95mg (8%), Iron: 1.34mg (7.44%), Vitamin B6: 0.11mg (5.54%), Vitamin B2: 0.09mg (5.45%), Calcium: 51.1mg (5.11%), Fiber: 1.22g (4.89%), Copper: 0.07mg (3.35%), Phosphorus: 29.76mg (2.98%), Vitamin B1: 0.04mg (2.64%), Zinc: 0.29mg (1.91%), Vitamin B3: 0.35mg (1.75%)