



Spinach Salad with Orange Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 0.8 teaspoon pepper black freshly ground
- 1 clove garlic peeled
- 2 tablespoons honey
- 2 juice of orange juiced
- 0.8 cup olive oil extra-virgin
- 2 orange zest
- 6 slices pancetta

- 0.8 teaspoon salt
- 10 ounces pre-washed spinach

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the prosciutto slices on a baking sheet and bake until just crisp, about 10 minutes.
- Let cool. Crumble the prosciutto slices into a container and store in the refrigerator.
- In a blender, combine the orange zest, orange juice, balsamic vinegar, honey, garlic, salt, and pepper. Blend until smooth. With the blender running, add the olive oil in a steady stream until combined.
- Transfer to a container and store in the refrigerator.
- To serve, put the spinach in a large bowl. Toss with enough of the vinaigrette to coat the spinach.
- Sprinkle with the crisp prosciutto crumbles, toss again, and serve.

Nutrition Facts



PROTEIN 7.75% **FAT 57.67%** **CARBS 34.58%**

Properties

Glycemic Index:41.38, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:15.927391400156%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg

0.43mg, Naringenin: 0.43mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 132.19kcal (6.61%), Fat: 8.82g (13.57%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 10.31g (3.75%), Sugar: 8.43g (9.37%), Cholesterol: 5.28mg (1.76%), Sodium: 383.04mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin K: 231.9µg (220.86%), Vitamin A: 4491.73IU (89.83%), Vitamin C: 28.91mg (35.04%), Folate: 99.06µg (24.77%), Manganese: 0.48mg (24.05%), Vitamin E: 1.79mg (11.95%), Magnesium: 42.71mg (10.68%), Potassium: 343.03mg (9.8%), Iron: 1.52mg (8.44%), Vitamin B6: 0.14mg (6.85%), Vitamin B2: 0.11mg (6.41%), Fiber: 1.59g (6.36%), Calcium: 59.92mg (5.99%), Vitamin B1: 0.08mg (5.53%), Copper: 0.09mg (4.31%), Phosphorus: 41.37mg (4.14%), Vitamin B3: 0.79mg (3.97%), Selenium: 2.28µg (3.26%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.14mg (1.44%)