



HEALTH SCORE

77%

Spinach Salad with Oranges and Warm Goat Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz mild goat cheese fresh (preferably in log form)
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 small navel oranges
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 oz pecans finely chopped
- ☐ 1 small onion red sliced into thin rings
- ☐ 1 lb pkt spinach trimmed

- ☐ 1 pinch sugar
- ☐ 1 teaspoon white-wine vinegar
- ☐ 1 teaspoon whole-grain mustard

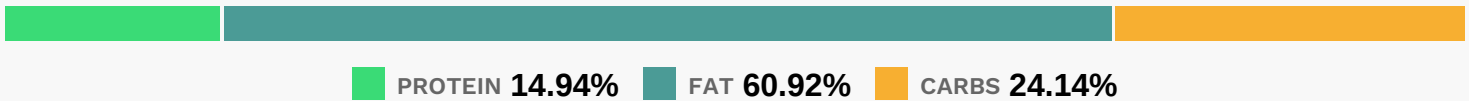
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve

Directions

- ☐ Cut peel and white pith from oranges with a sharp small knife. Working over a sieve set over a bowl, cut orange sections free from membranes, letting sections drop into sieve.
- ☐ Cut goat cheese into fourths and pat each portion between your hands to form a disk. Pat pecans all over each disk to coat.
- ☐ Bake on a small baking sheet in middle of oven until heated through, about 5 minutes.
- ☐ Measure out 1 tablespoon orange juice from bowl and whisk together with mustard, vinegar, salt, and sugar in a large bowl.
- ☐ Add oil and whisk until blended.
- ☐ Add spinach, onion, and orange sections to dressing and toss well. Season with pepper. Divide among 4 salad plates and carefully transfer 1 goat-cheese disk to each salad.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:32.994782468547%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 338.1kcal (16.9%), Fat: 24.29g (37.37%), Saturated Fat: 7.92g (49.53%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 15.3g (5.56%), Sugar: 11.64g (12.93%), Cholesterol: 19.56mg (6.52%), Sodium: 552.9mg (24.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.81%), Vitamin K: 553.19µg (526.85%), Vitamin A: 11339.36IU (226.79%), Vitamin C: 96.08mg (116.46%), Manganese: 1.61mg (80.53%), Folate: 268.45µg (67.11%), Copper: 0.64mg (31.96%), Magnesium: 124.21mg (31.05%), Vitamin B2: 0.45mg (26.56%), Potassium: 904.35mg (25.84%), Fiber: 6.35g (25.39%), Vitamin E: 3.7mg (24.68%), Iron: 4.41mg (24.51%), Vitamin B6: 0.47mg (23.33%), Calcium: 231.83mg (23.18%), Phosphorus: 227.45mg (22.75%), Vitamin B1: 0.27mg (18.32%), Zinc: 1.61mg (10.76%), Vitamin B3: 1.61mg (8.07%), Vitamin B5: 0.77mg (7.66%), Selenium: 3.29µg (4.7%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)