



WHATSheATE



HEALTH SCORE

53%

Spinach Salad With Pecans and Sun-Dried Tomato



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar good
- ☐ 0.5 cup sauteed mushroom
- ☐ 2 tablespoons raspberry-flavored olive oil
- ☐ 2 tablespoons pecans toasted roughly chopped
- ☐ 2 servings salt and pepper
- ☐ 2 cups pkt spinach fresh packed
- ☐ 2 tablespoons sun-dried tomatoes packed in oil, drain slightly, on paper towel and chop

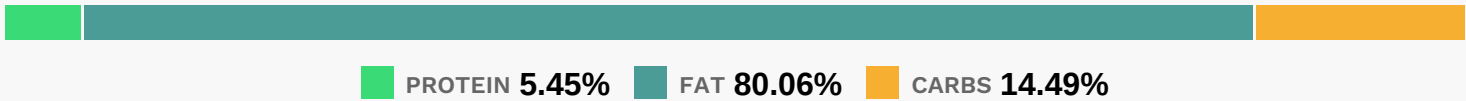
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Saute the mushrooms, set aside and keep warm.2
- ☐ Place spinach, pecans and chopped sun-dried tomatoes in a medium bowl, toss evenly.3
- ☐ Add warm mushrooms, lightly toss again.4
- ☐ Add vinegar/oil mixture, toss to coat.5
- ☐ Whisk small amount, taste, and adjust to your liking.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:16.255217385033%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 232.02kcal (11.6%), Fat: 21.55g (33.15%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.27g (5.86%), Cholesterol: 0mg (0%), Sodium: 228mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 155.83µg (148.41%), Vitamin A: 2862.4IU (57.25%), Manganese: 0.84mg (42.21%), Vitamin E: 2.77mg (18.45%), Folate: 67.88µg (16.97%), Copper: 0.31mg (15.53%), Potassium: 474.32mg (13.55%), Vitamin C: 11mg (13.34%), Magnesium: 49.58mg (12.4%), Vitamin B2: 0.19mg (11.21%),

Iron: 1.84mg (10.2%), Fiber: 2.47g (9.9%), Vitamin B1: 0.14mg (9.02%), Phosphorus: 83.88mg (8.39%), Vitamin B3: 1.65mg (8.27%), Vitamin B6: 0.12mg (6.05%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.85mg (5.66%), Calcium: 47.5mg (4.75%), Selenium: 3.19µg (4.55%)