



Spinach Salad with Pecorino, Pine Nuts, and Currants

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby spinach leaves packed ()
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 1.5 tablespoons currants dried
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pecorino romano cheese shaved
- ☐ 1.5 tablespoons pinenuts toasted coarsely chopped
- ☐ 1.5 teaspoons shallots minced

☐ 0.5 teaspoon sugar

Equipment

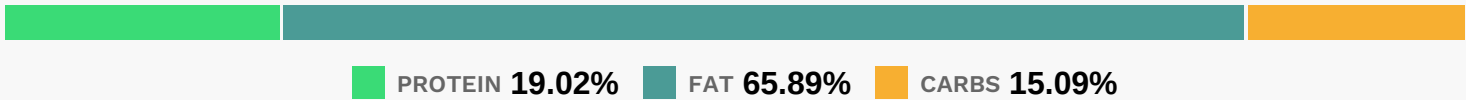
☐ bowl

☐ whisk

Directions

- ☐ Whisk first 5 ingredients in small bowl.
- ☐ Whisk in oil. Season with salt and pepper.
- ☐ Toss spinach with vinaigrette in large bowl. And cheese and toss.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:19.29260872758%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg 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: 237.63kcal (11.88%), Fat: 17.84g (27.44%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 7.79g (2.83%), Sugar: 5.5g (6.11%), Cholesterol: 31.2mg (10.4%), Sodium: 399.66mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.16%), Vitamin K: 224.44µg (213.75%), Vitamin A: 4349.37IU (86.99%), Manganese: 0.78mg (38.81%), Calcium: 371.27mg (37.13%), Phosphorus: 278.77mg (27.88%), Folate: 91.49µg (22.87%), Vitamin C: 13mg (15.76%), Vitamin E: 2.35mg (15.65%), Magnesium: 60.17mg (15.04%), Vitamin B2: 0.21mg (12.52%), Iron: 1.86mg (10.31%), Potassium: 352.3mg (10.07%), Zinc: 1.28mg (8.55%), Selenium: 4.88µg (6.97%), Copper: 0.14mg (6.8%), Vitamin B6: 0.14mg (6.8%), Vitamin B12: 0.34µg (5.6%), Fiber: 1.4g (5.6%), Vitamin B1: 0.07mg (4.62%), Vitamin B3: 0.61mg (3.03%), Vitamin B5: 0.17mg (1.73%)