



 **77%**
HEALTH SCORE

Spinach Salad with Pumpkin Seeds and Avocado

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

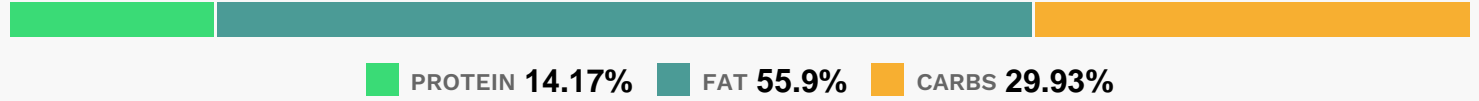
- 0.3 avocado diced
- 4 cups baby spinach
- 3 apricots dried chopped
- 2 tablespoons lemon-flax vinaigrette prepared
- 2 tablespoons pumpkin seeds green hulled (pepitas)

Equipment

Directions

Toss together all ingredients.

Nutrition Facts



Properties

Glycemic Index:147.4, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:40.720434686412%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 384.44kcal (19.22%), Fat: 26.23g (40.35%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 17.17g (6.24%), Sugar: 14.24g (15.82%), Cholesterol: 0mg (0%), Sodium: 108.12mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.91%), Vitamin K: 593.22µg (564.97%), Vitamin A: 12193.93IU (243.88%), Manganese: 2.61mg (130.46%), Magnesium: 313.85mg (78.46%), Folate: 304.9µg (76.23%), Fiber: 14.42g (57.67%), Vitamin C: 39.49mg (47.86%), Phosphorus: 476.97mg (47.7%), Potassium: 1516.11mg (43.32%), Copper: 0.85mg (42.32%), Iron: 7.08mg (39.32%), Vitamin B1: 0.51mg (34.23%), Vitamin E: 5.01mg (33.42%), Vitamin B6: 0.52mg (26.03%), Zinc: 3.48mg (23.21%), Vitamin B2: 0.37mg (21.92%), Vitamin B3: 3.98mg (19.89%), Calcium: 198.23mg (19.82%), Selenium: 8.89µg (12.7%), Vitamin B5: 1.25mg (12.47%)