



## Spinach Salad with Strawberries and Basil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons aged balsamic vinegar
- 4 tablespoons evoo
- 0.5 cup basil leaves fresh
- 0.5 juice of lemon
- 4 servings salt and pepper freshly ground
- 1 shallots
- 2 cups spinach leaves
- 1.5 cups strawberries

1 teaspoon caster sugar

## Equipment

bowl

whisk

## Directions

Chop the shallot and put it in a small bowl.

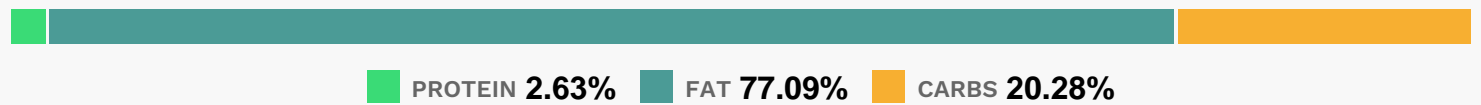
Add the vinegar, sugar and lemon juice and set aside.

Meanwhile, hull the strawberries and cut them in half.

Transfer to a serving bowl along with the spinach and basil.

Whisk the EVOO into the vinegar mixture and season with salt and pepper. Toss the salad with the dressing and season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:73.02, Glycemic Load:2.95, Inflammation Score:-8, Nutrition Score:11.46826072102%

## Flavonoids

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0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 161.4kcal (8.07%), Fat: 14.26g (21.94%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 8.44g (2.81%), Net  
Carbohydrates: 6.77g (2.46%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 209.22mg (9.1%), Alcohol: 0g  
(0%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin K: 94.57µg (90.06%), Vitamin C: 38.46mg (46.62%),  
Vitamin A: 1571.76IU (31.44%), Manganese: 0.41mg (20.36%), Vitamin E: 2.51mg (16.73%), Folate: 46.97µg (11.74%),  
Fiber: 1.67g (6.68%), Potassium: 209.07mg (5.97%), Magnesium: 23.29mg (5.82%), Iron: 0.94mg (5.22%), Vitamin  
B6: 0.08mg (4.13%), Calcium: 33.77mg (3.38%), Copper: 0.07mg (3.27%), Phosphorus: 27.56mg (2.76%), Vitamin  
B2: 0.04mg (2.62%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.36mg (1.8%), Zinc: 0.21mg (1.42%), Vitamin B5:  
0.11mg (1.07%)