



Spinach Salad with Sweet Roasted Pecans and Gorgonzola with Sherry Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ounces wedge gorgonzola crumbled
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil
- 3 handfuls pecan halves
- 3 pinches a few salt
- 2 small shallots minced
- 0.3 cup sherry vinegar

- 1 package triple-washed spinach
- 3 pinches a few sugar
- 2 tablespoons vegetable oil




Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 400 degrees F.
- Place spinach in serving bowl.
- Toss pecans with vegetable oil, sugar and salt.
- Lay out on baking sheet. Roast until shade darker and aromatic, about 7 to 8 minutes. Set aside.
- Make dressing by combining olive oil, vinegar, shallots and salt and pepper in a bowl and whisking together or place in sealable container and shake.
- Toss spinach with dressing, Gorgonzola and pecans.

Nutrition Facts

 **PROTEIN 6.47%**  **FAT 75.29%**  **CARBS 18.24%**

Properties

Glycemic Index:51.52, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:18.39695660446%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,

Epigallocatechin 3-gallate: 0.02mg Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg
Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.02mg, Apigenin:
0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin:
0.56mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.25mg,
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin:
2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 148.59kcal (7.43%), Fat: 13.06g (20.1%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 7.12g (2.37%), Net
Carbohydrates: 4.66g (1.7%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 349.89mg (15.21%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin K: 359.06µg (341.96%), Vitamin A: 6666.22IU
(133.32%), Manganese: 0.73mg (36.43%), Folate: 143.31µg (35.83%), Vitamin C: 25.16mg (30.5%), Vitamin E: 2.82mg
(18.82%), Magnesium: 61.25mg (15.31%), Potassium: 462.75mg (13.22%), Iron: 2.29mg (12.72%), Fiber: 2.46g (9.82%),
Vitamin B6: 0.19mg (9.48%), Vitamin B2: 0.14mg (8.28%), Calcium: 81.7mg (8.17%), Copper: 0.12mg (6.23%),
Phosphorus: 48.27mg (4.83%), Vitamin B1: 0.07mg (4.81%), Zinc: 0.48mg (3.22%), Vitamin B3: 0.58mg (2.89%),
Selenium: 0.96µg (1.36%), Vitamin B5: 0.12mg (1.21%)