



Spinach Salad with Tamarind Dressing and Pappadam Croutons



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounces baby spinach
- ☐ 2 slices cucumber seedless quartered (usually plastic-wrapped;)
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3/2 inch pepper plain black
- ☐ 0.8 teaspoon salt
- ☐ 1.3 teaspoons tamarind paste

- ☐ 0.3 cup vegetable oil
- ☐ 2.5 tablespoons water

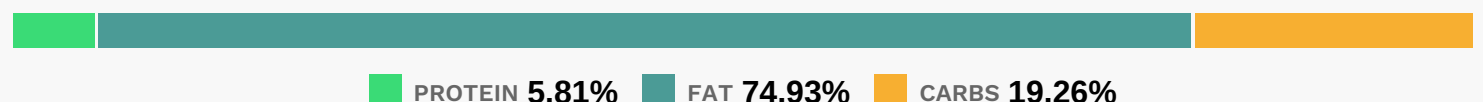
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Heat 1/2 inch oil in a 10-inch heavy skillet (2 inches deep) over moderate heat until thermometer registers 350°F (see cooks' note, below). Fry 1 pappadam, turning over once, until blistered and pale golden, about 1 minute total. Lift pappadam from skillet with tongs, letting excess oil drip back into skillet, and transfer to paper towels to drain (pappadam will crisp as it cools). Return oil to 350°F and fry remaining pappadams, 1 at a time, in same manner.
- ☐ Whisk together water, lime juice, honey, tamarind concentrate, and salt in a small bowl, then add oil in a slow stream, whisking until combined.
- ☐ Toss spinach and cucumbers with dressing in a large bowl. Break pappadams into 1 1/2-inch pieces and add to salad just before serving, tossing gently to combine.
- ☐ Cooks' notes
- ☐ ·To take the temperature of a shallow amount of oil with a metal flat-framed deep-fat thermometer, put bulb of thermometer in skillet and turn thermometer facedown, resting other end (not plastic handle) against rim of skillet. Check temperature frequently.·Pappadams can be fried and drained 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:13.082173683073%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 84.21kcal (4.21%), Fat: 7.45g (11.47%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 208.67mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 219.42µg (208.97%), Vitamin A: 3992.02IU (79.84%), Manganese: 0.43mg (21.3%), Folate: 83.21µg (20.8%), Vitamin C: 12.94mg (15.68%), Vitamin E: 1.47mg (9.79%), Magnesium: 35.44mg (8.86%), Potassium: 253.58mg (7.25%), Iron: 1.23mg (6.81%), Vitamin B2: 0.08mg (4.93%), Calcium: 45.13mg (4.51%), Fiber: 1.09g (4.35%), Vitamin B6: 0.09mg (4.34%), Copper: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.56%), Phosphorus: 23.13mg (2.31%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.24mg (1.6%)