



Spinach, Strawberry and Grapefruit Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds toasted sliced
- 1 cup balsamic vinaigrette dressing kraft
- 1 pink grapefruit peeled
- 10 oz spinach leaves dried washed well
- 2 cups strawberries sliced

Equipment

- bowl

Directions

- Combine spinach, strawberries, grapefruit and almonds in large bowl.
- Add dressing; toss lightly to coat.
- Serve immediately.

Nutrition Facts

PROTEIN 6.06% **FAT 70.12%** **CARBS 23.82%**

Properties

Glycemic Index:7.13, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:10.23913020673%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 5.63mg, Naringenin: 5.63mg, Naringenin: 5.63mg, Naringenin: 5.63mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 93.1kcal (4.66%), Fat: 7.45g (11.47%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 156.75mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 91.71µg (87.34%), Vitamin A: 1970.82IU (39.42%), Vitamin C: 21.93mg (26.58%), Manganese: 0.32mg (15.87%), Folate: 44.84µg (11.21%), Vitamin E: 1.25mg (8.31%), Magnesium: 27.24mg (6.81%), Fiber: 1.46g (5.82%), Potassium: 180.35mg (5.15%), Vitamin B2: 0.08mg (4.72%), Iron: 0.72mg (3.99%), Calcium: 35.36mg (3.54%), Copper: 0.07mg (3.54%), Phosphorus: 31.69mg (3.17%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.23mg (1.56%)