



## Spinach Strawberry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons almonds toasted sliced
- 6 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 1 cup canola oil
- 3 tablespoons basil fresh chopped
- 3 tablespoons chives fresh minced
- 1 tablespoon mint leaves fresh finely chopped
- 1.5 tablespoons wildflower honey

- 0.5 teaspoon sea salt fine
- 1.5 cups strawberries quartered
- 0.3 cup easy herb vinaigrette
- 9 tablespoons citrus champagne vinegar

## Equipment

- bowl
- whisk

## Directions

- Combine the first 3 ingredients in a medium bowl; slowly whisk in oil until combined. Stir in basil and chives.
- Combine strawberries, cup vinaigrette, mint, and spinach in a large bowl; toss gently to coat.
- Sprinkle with almonds and pepper; serve immediately. Store remaining vinaigrette, covered, in refrigerator for up to 5 days.

## Nutrition Facts

■ PROTEIN **4.31%** ■ FAT **74.34%** ■ CARBS **21.35%**

## Properties

Glycemic Index:70.32, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:19.039565205574%

## Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg

0.16mg, Naringenin: 0.16mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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

Calories: 257.74kcal (12.89%), Fat: 21.89g (33.68%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.94g (11.04%), Cholesterol: 0mg (0%), Sodium: 328.58mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin K: 241.23µg (229.74%), Vitamin A: 4224.88IU (84.5%), Vitamin C: 45.88mg (55.62%), Manganese: 0.78mg (39.15%), Vitamin E: 5mg (33.32%), Folate: 102.64µg (25.66%), Magnesium: 58.75mg (14.69%), Fiber: 2.87g (11.47%), Potassium: 394.98mg (11.29%), Iron: 1.91mg (10.59%), Vitamin B2: 0.16mg (9.38%), Copper: 0.15mg (7.71%), Calcium: 75.18mg (7.52%), Phosphorus: 64.12mg (6.41%), Vitamin B6: 0.12mg (6.22%), Vitamin B1: 0.06mg (3.99%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.53mg (3.5%), Selenium: 1.19µg (1.7%), Vitamin B5: 0.14mg (1.4%)