



 **82%**
HEALTH SCORE

Spinach Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



127 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 tablespoon mint leaves fresh finely chopped
- 1.5 cups strawberries quartered
- 0.3 cup easy herb vinaigrette

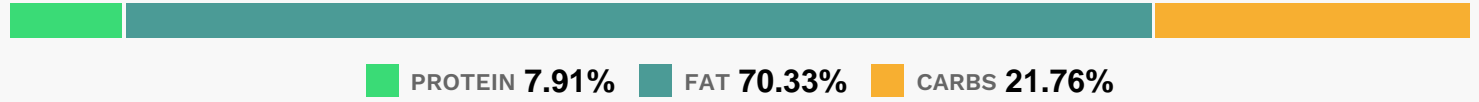
Equipment

- bowl

Directions

- Combine first 4 ingredients in a large bowl; toss gently to coat.
- Sprinkle with almonds and pepper; serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:17.756521831388%

Flavonoids

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Nutrients (% of daily need)

Calories: 127.36kcal (6.37%), Fat: 10.67g (16.41%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.66g (1.69%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 34.75mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 222.22µg (211.64%), Vitamin A: 4047.82IU (80.96%), Vitamin C: 44.1mg (53.45%), Manganese: 0.73mg (36.74%), Folate: 99.1µg (24.78%), Vitamin E: 3.02mg (20.14%), Magnesium: 55.33mg (13.83%), Fiber: 2.77g (11.09%), Potassium: 366.58mg (10.47%), Iron: 1.63mg (9.08%), Vitamin B2: 0.15mg (8.99%), Copper: 0.14mg (6.92%), Calcium: 67.78mg (6.78%), Phosphorus: 58.96mg (5.9%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.47mg (3.15%), Selenium: 1.1µg

(1.57%), Vitamin B5: 0.12mg (1.25%)