



Spinach & walnut salad with blue cheese dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 75 g cheese blue
- ☐ 4 tbsp crème fraîche
- ☐ 100 g baby spinach
- ☐ 50 g walnut pieces

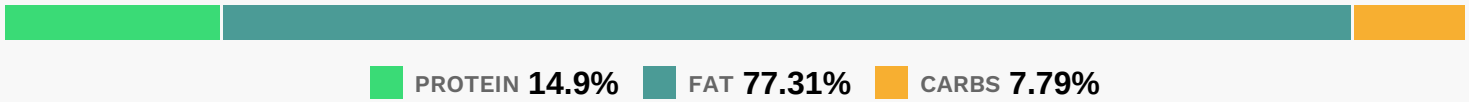
Equipment

- ☐ bowl

Directions

- ☐ Mash the blue cheese, crme frache and some seasoning in a bowl with 50ml water until smooth and pourable.
- ☐ Put the spinach onto a serving plate, scatter over the walnut pieces and drizzle with the blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:14.421739220619%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 177.45kcal (8.87%), Fat: 15.96g (24.55%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.93g (1.04%), Cholesterol: 21.14mg (7.05%), Sodium: 239.35mg (10.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin K: 121.72µg (115.92%), Vitamin A: 2564.57IU (51.29%), Manganese: 0.65mg (32.7%), Folate: 68.22µg (17.06%), Calcium: 148.12mg (14.81%), Phosphorus: 137.18mg (13.72%), Copper: 0.24mg (12.05%), Magnesium: 45.01mg (11.25%), Vitamin B2: 0.16mg (9.28%), Vitamin C: 7.3mg (8.84%), Vitamin B6: 0.15mg (7.6%), Potassium: 257.63mg (7.36%), Zinc: 1.06mg (7.05%), Iron: 1.11mg (6.15%), Selenium: 4.03µg (5.75%), Fiber: 1.39g (5.55%), Vitamin B1: 0.07mg (4.66%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.25µg (4.23%), Vitamin B3: 0.52mg (2.62%)