



## Sunchoke and Spinach Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



130 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup carrots chopped
- 2 tablespoons red wine vinegar
- 0.8 cup yogurt plain fat-free
- 3 tablespoons parsley fresh chopped
- 1 cup sunchoke peeled finely chopped
- 2 cups lettuce shredded
- 2 tablespoons juice of lime
- 0.5 teaspoon lime zest grated

- 0.3 teaspoon pepper
- 0.5 cup bell pepper red chopped
- 0.5 cup onion red finely chopped
- 0.5 teaspoon salt
- 2 cups pkt spinach fresh shredded

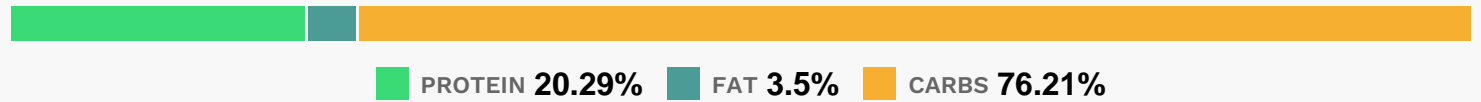
## Equipment

- bowl
- whisk

## Directions

- In large bowl, mix all dressing ingredients with fork or wire whisk until well blended.
- Add all salad ingredients except lettuce to dressing; toss. Cover and refrigerate about 2 hours or until chilled.
- Serve salad on shredded lettuce.

## Nutrition Facts



## Properties

Glycemic Index:49.64, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:15.043478478556%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 61.55kcal (3.08%), Fat: 0.25g (0.39%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.35g (3.76%), Sugar: 7.47g (8.3%), Cholesterol: 0.61mg (0.2%), Sodium: 246.06mg (10.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin A: 5189.82IU (103.8%), Vitamin K: 90.62µg (86.3%), Vitamin C: 27.13mg (32.88%), Folate: 49.15µg (12.29%), Potassium: 409.11mg (11.69%), Manganese: 0.22mg (10.77%), Phosphorus: 94.26mg (9.43%), Calcium: 93.94mg (9.39%), Iron: 1.55mg (8.63%), Fiber: 2.1g (8.42%), Vitamin B2: 0.14mg (8.29%), Vitamin B6: 0.15mg (7.53%), Vitamin B1: 0.11mg (7.49%), Magnesium: 26.79mg (6.7%), Vitamin B5: 0.45mg (4.54%), Vitamin E: 0.66mg (4.4%), Vitamin B3: 0.85mg (4.23%), Copper: 0.08mg (4.09%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.19µg (3.11%), Selenium: 1.51µg (2.16%)