



WHATSheATE



HEALTH SCORE

80%

Super Food Spinach Salad with Pomegranate-Glazed Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



5 ounce baby spinach



1 tablespoon olive oil extra virgin



0.8 cup grape tomatoes halved



4 servings kosher salt



0.3 cup pomegranate juice



0.3 cup onion red thinly sliced



1 tablespoon red wine vinegar

- ☐ 1 teaspoon sugar
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 4 ounces button mushrooms white trimmed thinly sliced

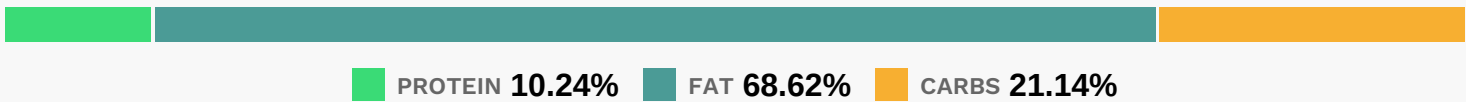
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Combine 1/4 cup juice with the sugar and 1/4 teaspoon salt in a small nonstick skillet. Bring to a simmer over medium-high heat and cook, stirring occasionally, until the mixture reduces slightly, about 5 minutes.
- ☐ Add the walnuts and continue to cook, stirring, until the nuts are coated and dark and the liquid evaporates in the skillet, about another 5 minutes.
- ☐ Transfer to a baking sheet to cool. When cool, break apart with your hands.
- ☐ Meanwhile, soak the red onion in ice water for about 10 minutes; drain and pat dry.
- ☐ Place the baby spinach in a serving bowl and top with the onions, mushrooms, tomatoes and walnuts. In a bowl whisk the remaining 2 tablespoons juice with the vinegar, 1/4 teaspoon each salt and pepper, and then whisk in the oil.
- ☐ Drizzle over the salad and toss just before serving.
- ☐ Calories: 140 Fat: 10 grams Saturated Fat: 1 gram Protein: 4 grams Carbohydrates: 12 grams Sugar: 6 grams Fiber: 3 grams Cholesterol: 0 milligrams Sodium: 300 milligrams

Nutrition Facts



Properties

Glycemic Index:54.77, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:17.828695704108%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 162.97kcal (8.15%), Fat: 13.38g (20.59%), Saturated Fat: 1.44g (9%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 227.07mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin K: 177.53µg (169.07%), Vitamin A: 3558.76IU (71.18%), Manganese: 0.89mg (44.61%), Folate: 97.73µg (24.43%), Copper: 0.39mg (19.65%), Vitamin C: 15.35mg (18.6%), Magnesium: 58.97mg (14.74%), Potassium: 468.06mg (13.37%), Vitamin B2: 0.21mg (12.55%), Vitamin B6: 0.22mg (10.88%), Phosphorus: 103.96mg (10.4%), Vitamin E: 1.54mg (10.27%), Fiber: 2.56g (10.26%), Iron: 1.68mg (9.32%), Vitamin B3: 1.66mg (8.29%), Vitamin B1: 0.12mg (7.85%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.87mg (5.78%), Calcium: 57.46mg (5.75%), Selenium: 3.81µg (5.44%)