



## Sweet Potato, Apple and Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 apples chopped
- 10 oz baby spinach leaves
- 0.3 cup classic catalina dressing kraft
- 1 onion sliced
- 1 pears chopped
- 0.5 lb sweet potatoes peeled cut into 3/4-inch cubes ( 2 small)

### Equipment

- bowl

frying pan

## Directions

- Heat dressing in large skillet on medium heat.
- Add potatoes and onions; cook 10 min. or until tender, stirring occasionally.
- Add fruit; cook 3 min., stirring frequently.
- Toss with spinach in large bowl.
- Serve immediately.

## Nutrition Facts



**PROTEIN 7.02%** **FAT 14.41%** **CARBS 78.57%**

## Properties

Glycemic Index:30.96, Glycemic Load:7.88, Inflammation Score:-10, Nutrition Score:17.458695686382%

## Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

## Nutrients (% of daily need)

Calories: 129.79kcal (6.49%), Fat: 2.2g (3.38%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 22.12g (8.04%), Sugar: 14.52g (16.13%), Cholesterol: 0mg (0%), Sodium: 188.4mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 231.61µg (220.58%), Vitamin A: 9833.7IU (196.67%), Manganese: 0.58mg (29.02%), Folate: 103.2µg (25.8%), Vitamin C: 19.61mg (23.77%), Fiber: 4.86g (19.44%), Potassium: 517.13mg (14.78%), Magnesium: 53.72mg (13.43%), Vitamin B6: 0.23mg (11.33%), Iron: 1.68mg (9.31%), Copper: 0.17mg (8.32%), Vitamin B2: 0.14mg (8.28%), Vitamin E: 1.21mg (8.04%), Calcium: 68.64mg (6.86%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 56.47mg (5.65%), Vitamin B5: 0.41mg (4.07%), Vitamin B3:

0.68mg (3.38%), Zinc: 0.45mg (2.99%), Selenium: 0.82µg (1.17%)