



## Thanksgiving Spinach Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 ounce baby spinach
- 1 teaspoon chili powder
- 0.5 teaspoon ground cinnamon
- 2 teaspoons honey
- 2 tablespoons juice of lemon
- 1 mcintosh apples diced cored peeled
- 0.5 small onion red finely chopped
- 0.8 cup cranberries dried sweetened chopped

# Equipment

bowl

# Directions

Mix cranberries, apple, onion, lemon juice, honey, chili powder, and cinnamon together in a large bowl.

Let rest for flavors to blend, about 20 minutes.

Add spinach and toss to coat.

# Nutrition Facts



**PROTEIN 4.71%** **FAT 3.87%** **CARBS 91.42%**

# Properties

Glycemic Index:37.07, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:15.028260790783%

# Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

# Nutrients (% of daily need)

Calories: 123.26kcal (6.16%), Fat: 0.6g (0.92%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 27.97g (10.17%), Sugar: 25.1g (27.89%), Cholesterol: 0mg (0%), Sodium: 44.18mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 208.78µg (198.84%), Vitamin A: 4161.78IU (83.24%), Manganese: 0.53mg (26.56%), Folate: 88.2µg (22.05%), Vitamin C: 18.04mg (21.86%), Fiber: 3.8g (15.21%), Vitamin E: 1.63mg (10.89%), Magnesium: 39.57mg (9.89%), Potassium: 337.55mg (9.64%), Iron: 1.45mg (8.07%),

Vitamin B6: 0.14mg (7.09%), Vitamin B2: 0.11mg (6.44%), Calcium: 54.85mg (5.49%), Copper: 0.1mg (4.78%),  
Vitamin B1: 0.05mg (3.55%), Phosphorus: 34.05mg (3.4%), Vitamin B3: 0.56mg (2.81%), Zinc: 0.33mg (2.18%),  
Vitamin B5: 0.14mg (1.39%), Selenium: 0.78µg (1.11%)