



The Best Spinach Salad Ever

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce baby spinach leaves
- 3 ounce bacon bits
- 0.5 head cauliflower chopped
- 1 cup mayonnaise
- 0.5 cup milk
- 0.5 cup parmesan cheese grated
- 1 cup slivered almonds
- 0.3 cup sugar white

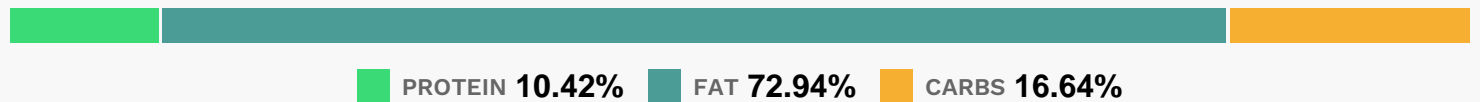
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Spread the slivered almonds onto a baking sheet, and toast until the nuts start to turn golden brown and become fragrant, 5 to 10 minutes. Watch the nuts carefully as they bake, because they burn quickly. Once toasted, set the nuts aside to cool to room temperature.
- Mix together the mayonnaise, milk, and sugar in a large salad bowl. Stir in the bacon bits and Parmesan cheese until the dressing is well combined and creamy.
- Place the spinach leaves, chopped cauliflower, and toasted almonds into the salad bowl, and stir lightly to coat with dressing.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:7.12, Inflammation Score:-10, Nutrition Score:26.491304231727%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 527.77kcal (26.39%), Fat: 43.91g (67.55%), Saturated Fat: 7.39g (46.18%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 16.84g (6.12%), Sugar: 11.41g (12.68%), Cholesterol: 25.37mg (8.46%), Sodium: 693.49mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.23%), Vitamin K: 296.7µg (282.57%), Vitamin A: 4560.03IU (91.2%), Vitamin E: 7.86mg (52.41%), Manganese: 0.92mg (46.01%), Vitamin C: 36.64mg (44.41%), Folate: 147.26µg (36.82%), Magnesium: 112.31mg (28.08%), Phosphorus: 242.78mg (24.28%), Vitamin B2: 0.4mg (23.45%), Fiber: 5.69g (22.77%), Calcium: 221.8mg (22.18%), Copper: 0.35mg (17.66%), Potassium: 612.88mg (17.51%), Vitamin B1: 0.2mg (13.34%), Iron: 2.37mg (13.18%), Vitamin B6: 0.24mg (11.92%), Zinc: 1.71mg (11.38%), Selenium: 6.76µg (9.66%), Vitamin B3: 1.49mg (7.46%), Vitamin B12: 0.44µg (7.29%), Vitamin B5: 0.6mg (6.02%), Vitamin D: 0.34µg (2.27%)