



WHATSheATE



Tossed Smoked Gouda Spinach Salad



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 oz baby spinach fresh washed
- ☐ 1 lb canadian bacon sliced cut into quarters
- ☐ 1 lb gouda cheese smoked cubed
- ☐ 1 cup honey dijon mustard
- ☐ 4 medium nectarines sliced

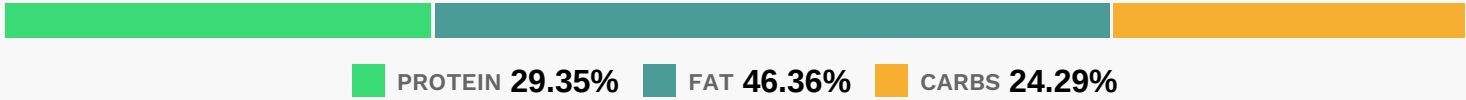
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, toss spinach, bacon, cheese and peaches.
- ☐ Drizzle with dressing; toss.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:29.346956356712%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 395.48kcal (19.77%), Fat: 19.93g (30.67%), Saturated Fat: 11.28g (70.49%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 21.03g (7.65%), Sugar: 13.35g (14.84%), Cholesterol: 92.99mg (31%), Sodium: 1192.17mg (51.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Vitamin K: 310.81µg (296.01%), Vitamin A: 6536.19IU (130.72%), Phosphorus: 497.07mg (49.71%), Calcium: 466mg (46.6%), Folate: 142.18µg (35.55%), Vitamin B1: 0.52mg (34.45%), Selenium: 23.03µg (32.91%), Manganese: 0.63mg (31.49%), Vitamin B2: 0.43mg (25.1%), Vitamin C: 19.98mg (24.22%), Vitamin B3: 4.83mg (24.13%), Zinc: 3.49mg (23.24%), Vitamin B12: 1.25µg (20.88%), Magnesium: 82.86mg (20.72%), Vitamin B6: 0.41mg (20.43%), Potassium: 712.59mg (20.36%), Iron: 2.46mg (13.68%), Vitamin E: 1.98mg (13.22%), Vitamin D: 1.87µg (12.47%), Fiber: 2.47g (9.87%), Copper: 0.19mg (9.35%), Vitamin B5: 0.66mg (6.6%)