



WHATSheATE



Triple Berry and Jicama Spinach Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup raspberries fresh
- ☐ 3 tablespoons pepper flakes hot
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons raspberry vinegar
- ☐ 2 tablespoons jalapeno seeded finely chopped
- ☐ 2 teaspoons shallots finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 small clove garlic crushed

- ☐ 6 oz baby spinach fresh
- ☐ 1 cup bacon peeled (1x)
- ☐ 1 cup blackberries fresh
- ☐ 1 cup raspberries fresh
- ☐ 1 cup strawberries fresh sliced

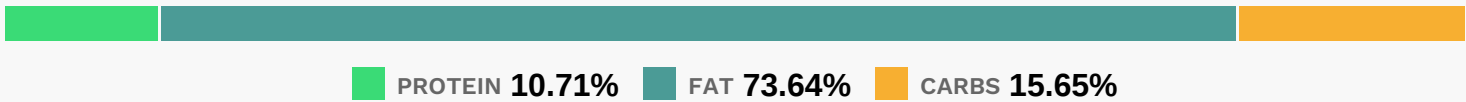
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In small food processor or blender, combine all dressing ingredients; process until smooth.
- ☐ In large bowl, toss spinach and 1/4 cup of the dressing. On 6 serving plates, arrange salad. To serve, top each salad with jicama, blackberries, raspberries, strawberries and drizzle with scant 1 tablespoon of remaining dressing.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:18.58173908358%

Flavonoids

Cyanidin: 35.83mg, Cyanidin: 35.83mg, Cyanidin: 35.83mg, Cyanidin: 35.83mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 6.32mg, Pelargonidin: 6.32mg, Pelargonidin: 6.32mg, Pelargonidin: 6.32mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 9.97mg, Catechin: 9.97mg, Catechin: 9.97mg, Catechin: 9.97mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 249.93kcal (12.5%), Fat: 20.83g (32.05%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 5.68g (2.07%), Sugar: 4.25g (4.72%), Cholesterol: 26.02mg (8.67%), Sodium: 382.3mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin K: 149.47µg (142.36%), Vitamin C: 50.59mg (61.32%), Vitamin A: 2860.79IU (57.22%), Manganese: 0.72mg (35.78%), Folate: 75.32µg (18.83%), Fiber: 4.28g (17.14%), Vitamin E: 2.36mg (15.74%), Vitamin B6: 0.26mg (12.99%), Selenium: 8.59µg (12.28%), Vitamin B3: 2.35mg (11.75%), Potassium: 394.07mg (11.26%), Magnesium: 43.54mg (10.89%), Vitamin B1: 0.16mg (10.55%), Phosphorus: 95.05mg (9.51%), Iron: 1.47mg (8.15%), Copper: 0.14mg (7.08%), Vitamin B2: 0.12mg (6.89%), Zinc: 0.92mg (6.12%), Calcium: 50.3mg (5.03%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.16µg (1.05%)