



Wacky Mac® Berry and Spinach Salad

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups baby spinach leaves
- 0.7 cup cheese blue reduced-fat
- 0.3 cup cranberries dried
- 1 small onion red thinly sliced
- 1 cup strawberries fresh sliced
- 6 tablespoons raspberry vinaigrette dressing

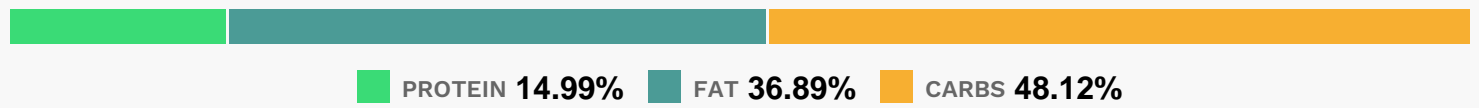
Equipment

- bowl

Directions

- Prepare Wacky Mac according to package directions.
- Drain and rinse under cold water.
- Place in very large salad bowl.
- Add cranberries, strawberries, spinach and onion.
- Pour on dressing. Toss gently but well.
- Sprinkle blue cheese on top.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:15.670434837756%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.14kcal (8.01%), Fat: 6.82g (10.49%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.63g (6.41%), Sugar: 15.2g (16.89%), Cholesterol: 16.88mg (5.63%), Sodium: 479.38mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Vitamin K: 147.11µg (140.1%), Vitamin A: 2989.65IU (59.79%), Vitamin C: 31.65mg (38.37%), Manganese: 0.47mg (23.62%), Folate: 80.17µg (20.04%),

Calcium: 161.49mg (16.15%), Phosphorus: 119.2mg (11.92%), Fiber: 2.38g (9.53%), Vitamin B2: 0.16mg (9.46%), Potassium: 325.18mg (9.29%), Magnesium: 36.71mg (9.18%), Vitamin B6: 0.15mg (7.48%), Vitamin E: 0.99mg (6.58%), Iron: 1.13mg (6.26%), Zinc: 0.86mg (5.77%), Selenium: 3.9µg (5.58%), Vitamin B5: 0.51mg (5.09%), Vitamin B12: 0.27µg (4.58%), Copper: 0.08mg (4.12%), Vitamin B1: 0.05mg (3.5%), Vitamin B3: 0.67mg (3.36%)