



## Waldorf Spinach Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup celery thinly sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 large gala apples thinly sliced
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup honey

- ☐ 1 cup honey-roasted cashews
- ☐ 0.1 teaspoon salt
- ☐ 9 oz pkt spinach fresh
- ☐ 3 tablespoons vegetable oil
- ☐ 4 ounces cheddar cheese white extra-sharp shaved

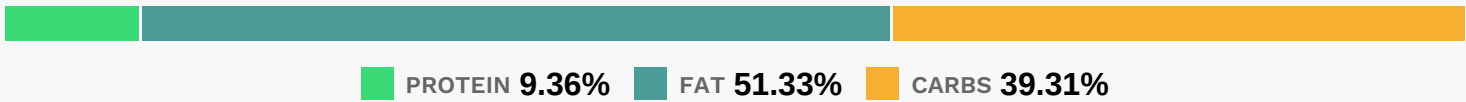
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 7 ingredients in a large serving bowl until well blended.
- ☐ Add spinach and remaining ingredients, tossing gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.16, Glycemic Load:14.41, Inflammation Score:-10, Nutrition Score:22.423043603482%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 401.36kcal (20.07%), Fat: 24.26g (37.32%), Saturated Fat: 6.83g (42.71%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 37.54g (13.65%), Sugar: 28.13g (31.25%), Cholesterol: 18.9mg (6.3%), Sodium: 225.89mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin K: 233.31µg (222.2%), Vitamin A: 4292.94IU (85.86%), Manganese: 0.7mg (35.17%), Copper: 0.65mg (32.33%), Folate: 111.45µg (27.86%), Magnesium: 109.19mg (27.3%), Phosphorus: 248.56mg (24.86%), Calcium: 207mg (20.7%), Vitamin C: 16.52mg (20.02%), Potassium: 608.89mg (17.4%), Fiber: 4.26g (17.04%), Iron: 2.99mg (16.63%), Vitamin B2: 0.27mg (15.75%), Zinc: 2.34mg (15.59%), Vitamin E: 1.98mg (13.17%), Selenium: 9.14µg (13.05%), Vitamin B6: 0.25mg (12.34%), Vitamin B1: 0.1mg (6.92%), Vitamin B5: 0.5mg (5.01%), Vitamin B3: 0.93mg (4.63%), Vitamin B12: 0.2µg (3.34%)