



Warm Spinach Salad with Honey-Garlic Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted sliced
- 12 cups baby spinach
- 2 cups mushrooms thinly sliced
- 0.3 cup canola oil
- 1 tablespoon apple cider vinegar
- 3 medium garlic clove thinly sliced
- 2 teaspoons honey

1 medium shallots thinly sliced

Equipment

bowl

frying pan

Directions

Combine spinach, mushrooms, and almonds in a large serving bowl; set aside.

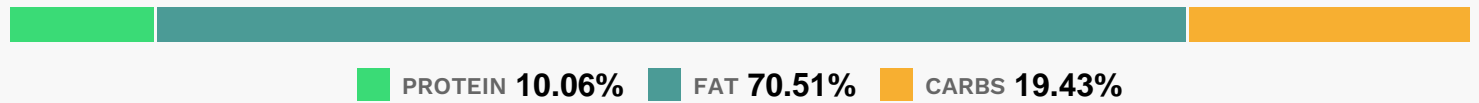
Heat oil in a small frying pan over medium heat. When it shimmers, add garlic and shallot and season well with salt and freshly ground black pepper. Cook until garlic is browned, about 2 minutes, then add vinegar and stir to incorporate.

Remove from heat and stir in honey until dissolved.

Pour vinaigrette over salad and toss to coat.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:19.451739192657%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 138.4kcal (6.92%), Fat: 11.6g (17.85%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 50.01mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin K: 296.51µg (282.39%), Vitamin A: 5626.54IU

(112.53%), Manganese: 0.69mg (34.31%), Folate: 125.04µg (31.26%), Vitamin E: 3.84mg (25.59%), Vitamin C: 18.34mg (22.24%), Vitamin B2: 0.29mg (17.01%), Magnesium: 62.05mg (15.51%), Potassium: 487.63mg (13.93%), Copper: 0.23mg (11.42%), Iron: 2.02mg (11.21%), Vitamin B6: 0.19mg (9.45%), Fiber: 2.29g (9.15%), Vitamin B3: 1.75mg (8.75%), Phosphorus: 80.45mg (8.04%), Calcium: 75.24mg (7.52%), Vitamin B1: 0.09mg (5.74%), Selenium: 4.02µg (5.74%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.64mg (4.29%)