



## 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.

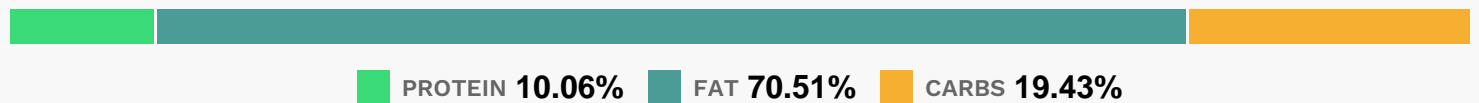
Heat oil in a small frying pan over medium heat. When it shimmers, add garlic and shallot and season well with salt and freshly ground black pepper. Cook until garlic is browned, about 2 minutes, then add vinegar and stir to incorporate.

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%)