



## Warm Spinach Salad with Red Onions and Nectarines

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup almonds sliced
- 10 ounce baby spinach
- 3 tablespoons cider vinegar
- 0.5 cup ham smoked diced
- 6 ounces goat cheese crumbled
- 2 nectarines pitted halved cut into 8 wedges
- 0.3 cup olive oil

- 2 medium onions red peeled thinly sliced
- 4 servings salt and pepper
- 0.5 teaspoon sugar

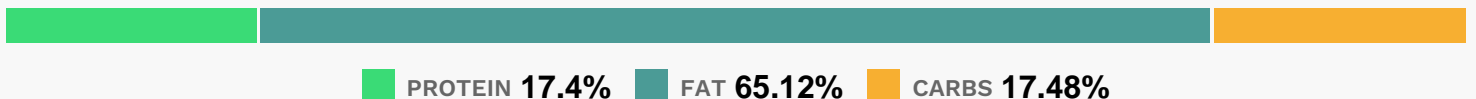
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 350F.
- Spread almonds on a baking sheet. Toast in oven, stirring once or twice, until light golden, about 8 minutes.
- Transfer to a bowl.
- Place spinach and nectarines in a large bowl. In a small bowl, stir together vinegar and sugar until sugar dissolves. Season with pepper and a pinch of salt.
- Warm olive oil in a large skillet over medium heat.
- Add onions and cook, stirring frequently, until well browned, 10 to 12 minutes. Stir in vinegar mixture and remove from heat.
- Scrape hot dressing over spinach mixture and toss to coat. Divide among 4 dinner plates.
- Sprinkle each salad with goat cheese, almonds and ham, if using.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:55.52, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:25.580869467362%

## Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg

## Nutrients (% of daily need)

Calories: 356.21kcal (17.81%), Fat: 26.63g (40.97%), Saturated Fat: 8.61g (53.79%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 11.82g (4.3%), Sugar: 9.43g (10.47%), Cholesterol: 29.76mg (9.92%), Sodium: 676.57mg (29.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.01%), Vitamin K: 352.85µg (336.05%), Vitamin A: 7321.99IU (146.44%), Manganese: 0.95mg (47.37%), Folate: 159.84µg (39.96%), Vitamin E: 5.38mg (35.84%), Vitamin C: 26.04mg (31.57%), Copper: 0.59mg (29.72%), Phosphorus: 256.07mg (25.61%), Magnesium: 97.36mg (24.34%), Vitamin B2: 0.4mg (23.25%), Iron: 3.65mg (20.26%), Potassium: 687.34mg (19.64%), Fiber: 4.28g (17.11%), Vitamin B6: 0.34mg (16.81%), Calcium: 162.41mg (16.24%), Zinc: 1.58mg (10.52%), Vitamin B1: 0.15mg (9.75%), Vitamin B3: 1.76mg (8.82%), Vitamin B5: 0.56mg (5.61%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)