



 **52%**  
HEALTH SCORE

## Warm Spinach Salad with Smoky Pecans and Sweet Potato

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounces baby spinach washed and dried
- 0.8 teaspoon dijon mustard
- 1.5 teaspoons kosher salt
- 1 teaspoon brown sugar light packed
- 0.3 cup olive oil
- 0.8 cup pecans raw whole
- 0.3 cup red wine vinegar

- 1 medium shallots minced
- 1 teaspoon paprika smoked
- 1 medium sweet potatoes and into peeled cut into medium dice

## Equipment

- bowl
- frying pan
- knife
- whisk

## Directions

- Place spinach in a large bowl; set aside.
- Heat 1 tablespoon of the oil in a large frying pan over medium heat until shimmering.
- Add pecans, stir to coat in oil, and cook, stirring occasionally, until nuts are fragrant and golden brown, about 8 minutes.
- Remove from heat, add 1/2 teaspoon of the salt and 1/2 teaspoon of the smoked paprika, and stir to evenly coat the nuts.
- Add to the bowl with the reserved spinach. Return the pan to medium heat, add 1 tablespoon of the oil, and heat until shimmering.
- Add sweet potato, remaining 1 teaspoon salt, and remaining 1/2 teaspoon paprika and stir to coat the sweet potato. Cook, stirring occasionally, until sweet potato just gives way when pierced with a knife and is starting to brown at the edges, about 10 minutes.
- Add to the bowl with the nuts and spinach. Return the pan to medium heat, add remaining 2 tablespoons oil, and heat until shimmering.
- Add shallot and cook until just golden brown, about 1 minute.
- Remove from heat, add vinegar, brown sugar, and mustard and whisk to combine.
- Pour vinaigrette over spinach, nuts, and sweet potato and toss to coat.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 5.74% ■ FAT 72.05% ■ CARBS 22.21%

## Properties

Glycemic Index:29.5, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:19.377391390179%

## Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## Nutrients (% of daily need)

Calories: 217.08kcal (10.85%), Fat: 18.18g (27.97%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 8.97g (3.26%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 648.18mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 235.05µg (223.86%), Vitamin A: 9946.05IU (198.92%), Manganese: 1.1mg (55.22%), Folate: 100.16µg (25.04%), Vitamin C: 14.71mg (17.83%), Vitamin E: 2.63mg (17.51%), Magnesium: 63.96mg (15.99%), Fiber: 3.63g (14.54%), Copper: 0.28mg (13.75%), Potassium: 468.76mg (13.39%), Iron: 2.06mg (11.44%), Vitamin B6: 0.22mg (10.95%), Vitamin B1: 0.15mg (10.18%), Phosphorus: 80.18mg (8.02%), Vitamin B2: 0.13mg (7.87%), Calcium: 71.04mg (7.1%), Zinc: 0.96mg (6.43%), Vitamin B5: 0.46mg (4.62%), Vitamin B3: 0.74mg (3.71%), Selenium: 1.46µg (2.09%)