



Warm Walnut Spinach Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz baby spinach loosely packed
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons mirin
- ☐ 2 cups mushrooms sliced
- ☐ 0.5 cup onion red chopped

- ☐ 0.3 cup walnut oil
- ☐ 0.3 cup walnuts coarsely chopped

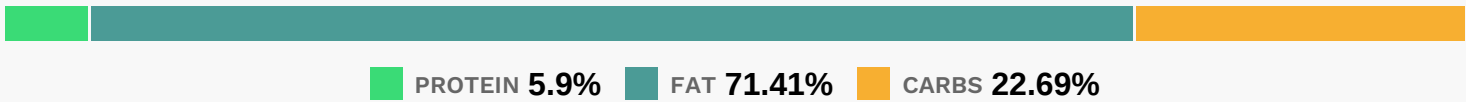
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Saut onion and mushrooms in butter in a large frying pan over medium-high heat until softened and starting to brown, about 4 minutes.
- ☐ Remove from heat.
- ☐ Add salt, honey, mustard, and mirin to warm pan, whisking to combine. Slowly whisk in oil. Set aside.
- ☐ Put spinach in a large bowl.
- ☐ Pour dressing on top and toss gently.
- ☐ Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:16.683913169996%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 257.06kcal (12.85%), Fat: 21.68g (33.35%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.24g (4.81%), Sugar: 9.5g (10.56%), Cholesterol: 7.53mg (2.51%), Sodium: 483.53mg (21.02%),

Alcohol: 1.27g (100%), Alcohol %: 1.07% (100%), Protein: 4.03g (8.07%), Vitamin K: 173.78µg (165.51%), Vitamin A: 3414.91IU (68.3%), Manganese: 0.64mg (31.82%), Folate: 88.35µg (22.09%), Vitamin B2: 0.28mg (16.59%), Copper: 0.33mg (16.38%), Vitamin C: 12.58mg (15.25%), Potassium: 421.08mg (12.03%), Magnesium: 47.85mg (11.96%), Vitamin B3: 2.12mg (10.62%), Phosphorus: 94.85mg (9.48%), Selenium: 6.63µg (9.47%), Vitamin B6: 0.19mg (9.31%), Fiber: 2.26g (9.05%), Iron: 1.54mg (8.56%), Vitamin B5: 0.83mg (8.27%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 0.93mg (6.19%), Calcium: 51.99mg (5.2%), Zinc: 0.74mg (4.91%)