



WHATSheATE



Wilted Spinach Salad with Warm Feta Dressing



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 ounce feta cheese crumbled
- ☐ 5 tablespoons olive oil divided
- ☐ 1 medium onion red with some core attached halved cut into 1/3-inch-thick wedges
- ☐ 2 tablespoons sherry vinegar
- ☐ 9 ounce pkt spinach fresh

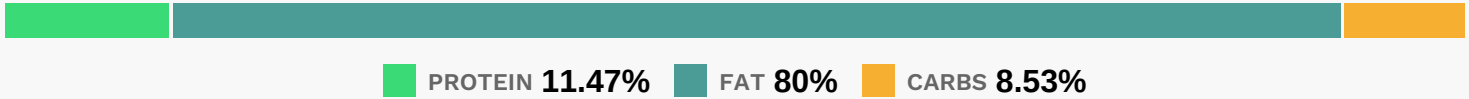
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place spinach in large bowl.
- ☐ Heat 2tablespoons oil in heavy large skillet over high heat.
- ☐ Add onion; sauté until brown and softened, about 7 minutes.
- ☐ Transfer to bowl with spinach; remove skillet from heat.
- ☐ Add remaining 3 tablespoons oil and cheese to skillet. Stir to melt cheese slightly, about 1 minute. Stir in vinegar. Season to taste with salt and pepper.
- ☐ Pour over spinach; toss to coat and wilt slightly.
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:23.164782498194%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.25mg, Kaempferol: 4.25mg, Kaempferol: 4.25mg, Kaempferol: 4.25mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 313.27kcal (15.66%), Fat: 28.44g (43.76%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.43g (1.59%), Cholesterol: 44.15mg (14.72%), Sodium: 618.01mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Vitamin K: 319.63µg (304.41%), Vitamin A: 6191.16IU (123.82%), Folate: 144.85µg (36.21%), Vitamin B2: 0.55mg (32.16%), Calcium: 314.68mg (31.47%), Manganese: 0.63mg (31.25%), Vitamin E: 3.91mg (26.06%), Vitamin C: 20mg (24.24%), Phosphorus: 207.02mg (20.7%), Vitamin B6: 0.37mg (18.39%), Magnesium: 62.87mg (15.72%), Vitamin B12: 0.84µg (13.97%), Iron: 2.24mg (12.45%), Potassium: 429.94mg (12.28%), Zinc: 1.82mg (12.11%), Selenium: 8.22µg (11.74%), Vitamin B1: 0.14mg (9.25%), Fiber: 1.87g (7.48%), Vitamin B5: 0.56mg (5.55%), Copper: 0.11mg (5.51%), Vitamin B3: 0.99mg (4.93%), Vitamin D: 0.2µg (1.32%)