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Nutty Spinach Salad ♦♦

A refreshing and nutritious salad made with fresh spinach leaves, topped with a variety of nuts for added crunch and flavor. Perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	fresh spinach leaves
50 g	almonds
50 g	walnuts
50 g	Pecans
50 g	Cashews
2 tbsp	olive oil

2 tbsp	balsamic vinegar
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Wash and dry the spinach leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the almonds, walnuts, pecans, and cashews.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the spinach leaves and chopped nuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle the dressing over the salad and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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