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Strawberry and Walnut Spinach Salad ••

A refreshing and nutritious salad made with fresh strawberries, walnuts, and spinach. Perfect for a light lunch or dinner.

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	spinach
200 g	Strawberries
50 g	walnuts
2 tbsp	olive oil
2 tbsp	balsamic vinegar

1 tbsp	honey
0.5 tsp	salt
0.25 tsp	pepper

Directions

Step 1

Wash and dry the spinach leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the strawberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the spinach, strawberries, and walnuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Whipping

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stirring

Drizzle the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	108 iu	12%	15.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	220 mg	6.47%	8.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Valentine's Day New Year Back to School Barbecue Picnic

Cuisines

Italian Mexican Japanese Spanish American

Nutritional Content

Low Calorie High Protein Low Carb High Fiber Sugar-Free

Course

Sauces & Dressings Salads

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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