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Curry Spinach Salad ♦

Curry Spinach Salad is a flavorful and healthy dish that combines the goodness of fresh spinach with aromatic curry spices. It is a vegan recipe that can be enjoyed as a main course or as a side dish. The salad is packed with nutrients and provides a delicious and satisfying meal option for vegans and vegetarians.

Recipe Type: Vegan

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

400 g	fresh spinach
2 tsp	curry powder
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	salt

0.5 tsp	black pepper
200 g	Cherry Tomatoes
100 g	red onion
100 g	cucumber
50 g	Cashews

Directions

Step 1

Wash the spinach leaves thoroughly and pat them dry.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the curry powder, olive oil, lemon juice, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the spinach leaves to the bowl and toss them with the dressing until well coated.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Slice the cherry tomatoes, red onion, and cucumber into thin slices.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

Add the sliced vegetables and cashews to the bowl and gently mix everything together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Curry Spinach Salad immediately or refrigerate for later use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	5 g	13.16%	20%
Sugars	4 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	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%
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	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring Summer Fall

Cuisines

Italian Indian Thai Mediterranean

Course

Salads Snacks Sauces & Dressings

Demographics

Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet Paleo Diet Atkins Diet Vegetarian Diet Vegan Diet
Pescatarian Diet Ovo-Vegetarian Diet Anti-Inflammatory Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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