

Chinese Spinach and Peanut Salad

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-spinach-peanuts-recipe>

Ingredients:

- 500 grams spinach tough ends removed
- 1 cup peanuts
- 1 tablespoon peanut oil or vegetable oil
- 2 tablespoons chinese black vinegar
- 1 teaspoon light soy sauce
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 2 teaspoons minced ginger
- sesame seed optional roasted white, for decoration

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 18 grams
3. Fat: 30 grams
4. Fiber: 8 grams
5. Protein: 18 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 630 milligrams
8. Sugar: 5 grams

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