



Baby Kale Strawberry Salad- From My Garden to My Plate

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



489 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoon rosemary leaves fresh minced
- ☐ 4 cup baby kale loosely packed
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup olive oil extra-virgin or as needed
- ☐ 1 pinch freshly cracked pepper black
- ☐ 0.5 cup almonds raw whole

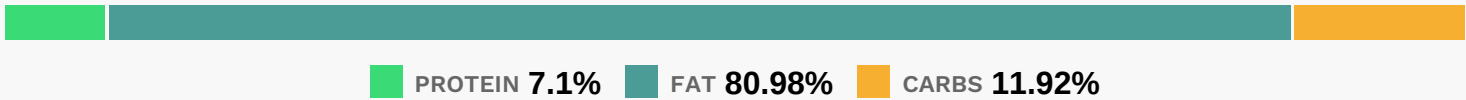
Equipment

☐ bowl

Directions

- ☐ Add the baby kale, cucumber, strawberries, and almonds to a large salad bowl. Toss to combine.
- ☐ Serve with the freshly whisked vinaigrette on the side.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:25.971739084824%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 10.86mg, Isorhamnetin: 10.86mg, Isorhamnetin: 10.86mg, Isorhamnetin: 10.86mg Kaempferol: 19.8mg, Kaempferol: 19.8mg, Kaempferol: 19.8mg, Kaempferol: 19.8mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 488.68kcal (24.43%), Fat: 45.47g (69.96%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 8.84g (3.22%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 49.9mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin K: 180.14µg (171.56%), Vitamin E: 13.32mg (88.78%), Vitamin A: 4199.35IU (83.99%), Manganese: 1.14mg (57.14%), Vitamin C: 39.25mg (47.58%), Vitamin B2: 0.55mg (32.56%), Magnesium: 114.39mg (28.6%), Fiber: 6.22g (24.87%), Calcium: 212.27mg (21.23%), Phosphorus: 201.26mg (20.13%), Copper: 0.4mg (19.99%), Iron: 2.39mg (13.28%), Potassium: 445.51mg (12.73%), Folate: 41.89µg (10.47%), Vitamin B3: 1.79mg (8.96%), Zinc: 1.31mg (8.71%), Vitamin B1: 0.12mg (8.06%), Vitamin B6: 0.11mg (5.56%), Selenium: 1.85µg (2.64%), Vitamin B5: 0.21mg (2.07%)