



Baby Lettuces with Feta, Strawberries and Almonds



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds smoked chopped
- ☐ 6 ounces baby lettuces assorted
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup feta french crumbled
- ☐ 1 teaspoon honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 20 servings pepper freshly ground

- ☐ 2 tablespoons red wine vinegar
- ☐ 20 servings salt
- ☐ 1 small shallots minced (small)
- ☐ 1 quart strawberries halved quartered

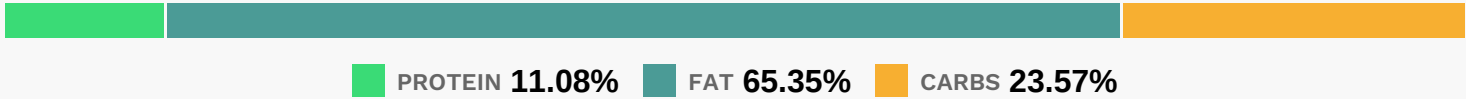
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, stir together the mustard, honey, shallot and vinegar. Stir in the olive oil and season with salt and pepper.
- ☐ Put the lettuces in a large bowl.
- ☐ Add the strawberries, feta and almonds.
- ☐ Drizzle the dressing over the salad, toss well and serve.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:7.2669564621604%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 117.93kcal (5.9%), Fat: 8.98g (13.81%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 4.87g (1.77%), Sugar: 3.5g (3.89%), Cholesterol: 6.68mg (2.22%), Sodium: 286.14mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin C: 31.34mg (37.98%), Manganese: 0.4mg (20.15%), Vitamin E: 2.51mg (16.76%), Vitamin B2: 0.17mg (9.84%), Fiber: 2.41g (9.65%), Phosphorus: 81.79mg (8.18%), Magnesium: 30.43mg (7.61%), Calcium: 67.39mg (6.74%), Copper: 0.12mg (5.85%), Folate: 22.91µg (5.73%), Vitamin K: 5.63µg (5.37%), Potassium: 157.3mg (4.49%), Vitamin B6: 0.08mg (4.16%), Zinc: 0.62mg (4.15%), Vitamin B1: 0.06mg (4.13%), Iron: 0.7mg (3.87%), Vitamin B3: 0.7mg (3.5%), Selenium: 1.95µg (2.79%), Vitamin B12: 0.13µg (2.11%), Vitamin A: 103.41IU (2.07%), Vitamin B5: 0.18mg (1.81%)