



Berry Delicious Summer Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

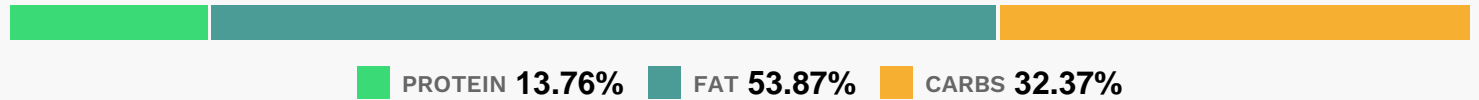
- 2 cups blueberries fresh
- 0.5 cup cheese blue crumbled
- 8 cups the salad mixed
- 8 servings balsamic vinaigrette salad dressing
- 0.3 cup walnuts toasted chopped

Equipment

Directions

- Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, tossing gently to coat.
- Note: For testing purposes only, we used Newman's Own Light Raspberry & Walnut vinaigrette.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:4.939999954856%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 85.68kcal (4.28%), Fat: 5.46g (8.39%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.24g (2.27%), Sugar: 3.85g (4.28%), Cholesterol: 6.33mg (2.11%), Sodium: 107.88mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin C: 12.92mg (15.66%), Manganese: 0.31mg (15.44%), Vitamin A: 539.49IU (10.79%), Vitamin K: 8.43µg (8.03%), Phosphorus: 65.34mg (6.53%), Folate: 23.64µg (5.91%), Calcium: 55.55mg (5.56%), Copper: 0.1mg (5.13%), Fiber: 1.13g (4.53%), Vitamin B2: 0.07mg (4.29%), Vitamin B6: 0.08mg (4.24%), Potassium: 135.09mg (3.86%), Magnesium: 14.34mg (3.58%), Zinc: 0.48mg (3.2%), Iron: 0.49mg (2.71%), Vitamin B1: 0.04mg (2.71%), Vitamin B5: 0.26mg (2.61%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.62µg (2.31%), Vitamin E: 0.3mg (2.02%), Vitamin B12: 0.1µg (1.72%)