



Berry Salad with Lime-Basil Vinaigrette

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 8 cups baby spinach
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 ounces goat cheese crumbled soft
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup raspberries fresh
- ☐ 4 servings salt and pepper
- ☐ 1 cup strawberries fresh hulled thinly sliced

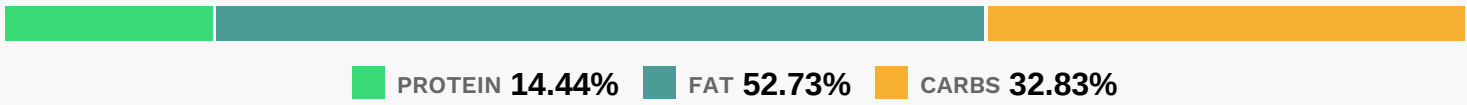
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place almonds in a small skillet over medium-low heat. Cook, shaking skillet constantly, until almonds are light golden and fragrant, about 3 minutes. Immediately transfer to a bowl to cool for 5 minutes.
- ☐ Place lime zest and juice, olive oil, honey and basil in a blender or food processor and puree until smooth. Season with salt and pepper.
- ☐ Place spinach, strawberries, blueberries and raspberries in a large bowl.
- ☐ Add dressing and gently toss to coat. Season with salt and pepper. Top with goat cheese and almonds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:25.089130489723%

Flavonoids

Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg Petunidin: 11.8mg, Petunidin: 11.8mg, Petunidin: 11.8mg, Petunidin: 11.8mg Delphinidin: 13.62mg, Delphinidin: 13.62mg, Delphinidin: 13.62mg, Delphinidin: 13.62mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 9.24mg, Pelargonidin: 9.24mg, Pelargonidin: 9.24mg, Pelargonidin: 9.24mg Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg

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0.15mg, Isorhamnetin: 0.15mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg
Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 6.04mg, Quercetin: 6.04mg,
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Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 238.42kcal (11.92%), Fat: 14.93g (22.97%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 20.92g (6.97%),
Net Carbohydrates: 15.18g (5.52%), Sugar: 12.12g (13.47%), Cholesterol: 13.04mg (4.35%), Sodium: 347.31mg (15.1%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Vitamin K: 310.16µg (295.39%), Vitamin A:
6040.75IU (120.81%), Vitamin C: 54.75mg (66.36%), Manganese: 1.19mg (59.35%), Folate: 142.25µg (35.56%),
Vitamin E: 4.14mg (27.62%), Fiber: 5.73g (22.94%), Copper: 0.42mg (21.15%), Magnesium: 83.33mg (20.83%),
Vitamin B2: 0.33mg (19.23%), Iron: 2.96mg (16.45%), Phosphorus: 154.85mg (15.48%), Potassium: 539.66mg
(15.42%), Calcium: 135.79mg (13.58%), Vitamin B6: 0.26mg (12.92%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.03mg
(6.88%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.48mg (4.77%), Selenium: 1.94µg (2.77%)