



Brunchtime Salad with Creamy Raspberry Vinaigrette



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce pre-cut fruit
- ☐ 0.5 cup dressing italian
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup raspberries frozen thawed
- ☐ 5 ounce spring salad mix
- ☐ 0.3 cup slivered almonds for garnish

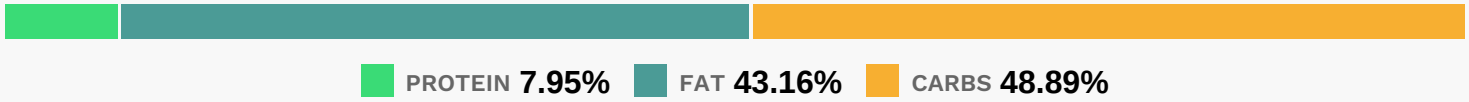
Equipment

☐ blender

Directions

- ☐ Arrange salad mix on a serving platter. Arrange the pre-cut fruit atop the salad greens.
- ☐ For the dressing, combine Italian dressing, yogurt, and thawed raspberries in a blender and puree until smooth.
- ☐ Spoon desired amount of dressing over salad and garnish with slivered almonds.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:8.5908696133157%

Flavonoids

Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 204.38kcal (10.22%), Fat: 10.24g (15.76%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 22.8g (8.29%), Sugar: 18.82g (20.91%), Cholesterol: 1.84mg (0.61%), Sodium: 328.18mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin K: 22.51µg (21.44%), Vitamin C: 13.7mg (16.6%), Vitamin E: 2.47mg (16.45%), Manganese: 0.31mg (15.71%), Vitamin A: 774.59IU (15.49%), Fiber: 3.31g (13.23%), Vitamin B2: 0.19mg (11.25%), Phosphorus: 111.3mg (11.13%), Copper: 0.19mg (9.54%), Potassium: 322.79mg (9.22%), Magnesium: 36.67mg (9.17%), Calcium: 90.8mg (9.08%), Folate: 23.82µg (5.95%), Iron: 1mg (5.53%), Vitamin B3: 1.02mg (5.08%), Zinc: 0.72mg (4.81%), Vitamin B6: 0.09mg (4.75%), Vitamin B1: 0.06mg (4.04%), Vitamin B5: 0.33mg (3.35%), Selenium: 2.04µg (2.91%), Vitamin B12: 0.17µg (2.86%)