



## Cheech's Spring Medley Salad with Raspberry Vinaigrette

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups baby arugula
- 4 servings feta cheese crumbled
- 1 leaves mint torn fresh
- 2 tablespoons kalamata olives chopped
- 0.3 cup olive oil
- 0.3 cup pinenuts
- 0.5 cup raisins

- 0.5 cup raspberries
- 1 onion diced red
- 1 tablespoons red wine vinegar
- 1 pint strawberries sliced
- 1 teaspoon sugar

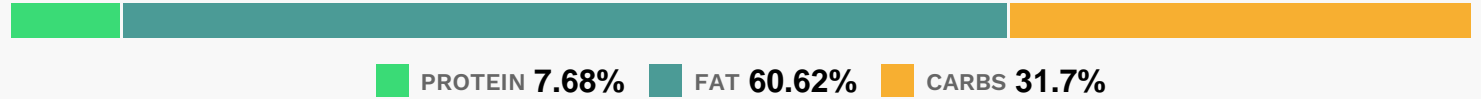
## Equipment

- bowl
- blender

## Directions

- In a large bowl, add the strawberries, arugula, raisins, olives, pine nuts, red onions and mint. Top with Raspberry Vinaigrette Dressing and feta cheese.
- Add the raspberries, oil, vinegar and sugar if using into a blender and blend until smooth.

## Nutrition Facts



## Properties

Glycemic Index:70.22, Glycemic Load:12.25, Inflammation Score:-8, Nutrition Score:20.541304456151%

## Flavonoids

Cyanidin: 8.85mg, Cyanidin: 8.85mg, Cyanidin: 8.85mg, Cyanidin: 8.85mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 29.54mg, Pelargonidin: 29.54mg, Pelargonidin: 29.54mg, Pelargonidin: 29.54mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 3.88mg, Catechin: 3.88mg, Catechin: 3.88mg, Catechin: 3.88mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg

Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 381.3kcal (19.06%), Fat: 27.05g (41.61%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 26.02g (9.46%), Sugar: 9.35g (10.38%), Cholesterol: 26.7mg (8.9%), Sodium: 418.06mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin C: 79.59mg (96.47%), Manganese: 1.46mg (72.91%), Vitamin K: 38.95µg (37.1%), Vitamin E: 3.5mg (23.35%), Fiber: 5.81g (23.22%), Calcium: 217.81mg (21.78%), Phosphorus: 214.79mg (21.48%), Vitamin B2: 0.36mg (21.31%), Folate: 69.31µg (17.33%), Magnesium: 63.74mg (15.94%), Potassium: 539.46mg (15.41%), Vitamin B6: 0.28mg (14.1%), Copper: 0.28mg (13.86%), Vitamin A: 639.59IU (12.79%), Iron: 2.18mg (12.12%), Zinc: 1.81mg (12.09%), Vitamin B1: 0.15mg (10.18%), Vitamin B12: 0.51µg (8.45%), Selenium: 5.41µg (7.73%), Vitamin B3: 1.52mg (7.59%), Vitamin B5: 0.64mg (6.44%)