



Easy and Quick Strawberry Summer Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 baby cucumbers sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 cups greens mixed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 pinch sea salt
- ☐ 0.5 shallots diced
- ☐ 2 cups strawberries hulled

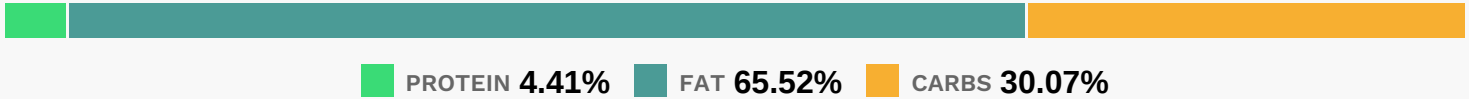
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir red wine vinegar and shallot together in a bowl; season with salt and black pepper. Stream olive oil into the mixture while whisking to form a dressing.
- ☐ Toss mixed greens and cucumbers in a large bowl; pour dressing over the mixture and toss to coat.
- ☐ Add strawberries and toss lightly. Season with sea salt to serve.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:6.7421740423078%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 94.94kcal (4.75%), Fat: 7.25g (11.16%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.8g (4.22%), Cholesterol: 0mg (0%), Sodium: 21.67mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin C: 52.08mg (63.13%), Manganese: 0.36mg (18.12%), Vitamin A: 467.54IU (9.35%), Folate: 33.48µg (8.37%), Vitamin E: 1.22mg (8.13%), Fiber: 1.59g (6.38%), Vitamin K: 6.11µg (5.82%), Potassium: 193.48mg (5.53%), Vitamin B6: 0.08mg (3.89%), Magnesium: 14.9mg (3.73%), Iron: 0.66mg (3.66%), Phosphorus: 35.75mg (3.58%), Copper: 0.06mg (3%), Vitamin B3: 0.52mg (2.58%), Vitamin B2: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.17%), Calcium: 18.75mg (1.87%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.21mg (1.37%)