



Festive Strawberry-Nut Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup planters almonds sliced
- 2 cups boston lettuce packed
- 0.3 cup creamy poppyseed dressing kraft
- 2 cups spinach leaves fresh packed
- 2 cups strawberries fresh halved
- 3 Tbsp sugar

Equipment

- bowl

- frying pan
- baking sheet

Directions

- Cook and stir nuts and sugar in nonstick skillet on medium heat 5 min. or until sugar is caramelized and nuts are evenly glazed.
- Spread onto baking sheet sprayed with cooking spray; cool. Break into small pieces.
- Combine spinach, lettuce and berries in large bowl.
- Drizzle with dressing just before serving; toss to coat. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:4.6500000208616%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.37kcal (2.87%), Fat: 3.54g (5.45%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.72g (5.25%), Cholesterol: 2.28mg (0.76%), Sodium: 50.96mg (2.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin K: 30.23µg (28.79%), Vitamin C: 12.69mg (15.39%), Vitamin A: 601.71IU (12.03%), Manganese: 0.2mg (9.9%), Vitamin E: 1.11mg (7.37%), Folate: 18.81µg (4.7%), Magnesium: 14.97mg (3.74%), Fiber: 0.93g (3.71%), Vitamin B2: 0.05mg (3.2%), Potassium: 92.03mg (2.63%), Phosphorus: 25.85mg (2.59%), Copper: 0.05mg (2.41%), Iron: 0.4mg (2.24%), Calcium: 18.14mg (1.81%), Vitamin B6: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.31%), Vitamin B3: 0.24mg (1.21%), Zinc: 0.17mg (1.11%)