



Fruit & Almond Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup planters almonds toasted sliced
- 11 oz mandarin orange segments drained canned
- 1 cup raspberries fresh
- 5 oz torn salad greens
- 1 cup milk mozzarella cheese shredded 2% kraft
- 0.3 cup lite raspberry vinaigrette dressing kraft

Equipment

- bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:4.8491304464962%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 77.1kcal (3.85%), Fat: 4.13g (6.36%), Saturated Fat: 1.59g (9.97%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.61g (5.12%), Cholesterol: 8.85mg (2.95%), Sodium: 127.61mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 17mg (20.61%), Vitamin A: 649.87IU (13%), Manganese: 0.17mg (8.73%), Calcium: 73.39mg (7.34%), Phosphorus: 66.84mg (6.68%), Vitamin E: 0.96mg (6.38%), Fiber: 1.54g (6.15%), Vitamin B2: 0.09mg (5.17%), Magnesium: 18.15mg (4.54%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.26µg (4.26%), Potassium: 115.9mg (3.31%), Selenium: 2.24µg (3.19%), Copper: 0.06mg (3.17%), Vitamin B1: 0.05mg (3.01%), Folate: 11.46µg (2.86%), Iron: 0.42mg (2.33%), Vitamin B3: 0.41mg (2.06%), Vitamin B6: 0.04mg (1.98%), Vitamin K: 1.19µg (1.14%)