



Fruit and Vegetable Salad Supreme



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound asparagus spears cut into bite-size pieces
- ☐ 0.5 cup balsamic vinaigrette light
- ☐ 2 cups carrots thinly sliced
- ☐ 4 ounces feta cheese crumbled
- ☐ 8 cups salad greens mixed
- ☐ 0.5 cup pecan halves toasted
- ☐ 2 cups strawberries sliced

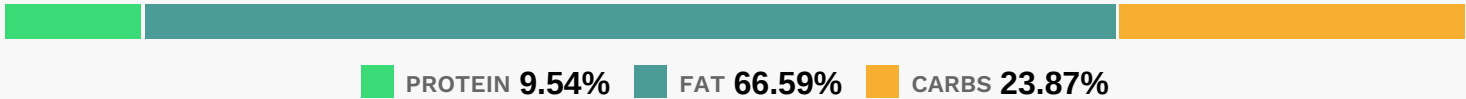
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan filled with water to a boil. Prepare a bowl of ice water.
- ☐ Add asparagus and carrot to boiling water.
- ☐ Remove after 2 minutes, or when color has brightened; drain and plunge into ice water.
- ☐ Drain, and pat dry.
- ☐ Combine salad greens, strawberries, and vegetables.
- ☐ Add dressing; toss well before serving. Top with cheese and pecans.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:24.151304359021%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg 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: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 342.23kcal (17.11%), Fat: 26.32g (40.49%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 15.61g (5.68%), Sugar: 9.09g (10.1%), Cholesterol: 25.23mg (8.41%), Sodium: 655.5mg (28.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.97%), Vitamin A: 12164.49IU (243.29%), Vitamin C: 67.98mg (82.4%), Manganese: 1.14mg (57.07%), Vitamin K: 34.56µg (32.92%), Vitamin B2: 0.43mg (25.19%), Folate: 100.32µg (25.08%), Phosphorus: 230.18mg (23.02%), Fiber: 5.61g (22.44%), Calcium: 208.02mg (20.8%), Vitamin B1: 0.29mg (19.33%), Vitamin B6: 0.38mg (19.2%), Copper: 0.37mg (18.4%), Potassium: 635.41mg (18.15%), Iron: 2.7mg (15.01%), Zinc: 2.11mg (14.04%), Magnesium: 54.14mg (13.53%), Vitamin B3: 2.33mg (11.64%), Vitamin E: 1.5mg (9.97%), Selenium: 6.7µg (9.57%), Vitamin B5: 0.9mg (8.97%), Vitamin B12: 0.48µg (7.99%)