



 **68%**
HEALTH SCORE

Fruit Salad with Strawberry-Poppy Seed Vinaigrette

 Vegetarian  Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup strawberries fresh sliced
- 1 tablespoon sugar
- 1 tablespoon raspberry vinegar
- 0.3 cup vanilla yogurt light fat free yoplait®
- 0.8 teaspoon poppy seeds
- 4 cups pkt spinach fresh loosely packed
- 2 kiwi fruit peeled sliced

- 1 mangos peeled cut into wedges or chunks
- 2 cups strawberries fresh sliced
- 1 cup grapes red seedless halved

Equipment

- food processor
- bowl
- blender

Directions

- Place 1/2 cup sliced strawberries in blender or food processor. Cover and blend until smooth.
- Add sugar and vinegar; cover and blend.
- Add yogurt; cover and blend until smooth.
- Pour into small bowl. Stir in poppy seed. Refrigerate until serving.
- To assemble salads, layer all salad ingredients on 4 individual salad plates.
- Drizzle vinaigrette over salads.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:94.38, Glycemic Load:13.5, Inflammation Score:-10, Nutrition Score:21.384782506072%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.38mg, Pelargonidin: 22.38mg, Pelargonidin: 22.38mg, Pelargonidin: 22.38mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg,

Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 153.87kcal (7.69%), Fat: 1.13g (1.74%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 30.92g (11.25%), Sugar: 28.46g (31.63%), Cholesterol: 0.41mg (0.14%), Sodium: 40.35mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin K: 173.13µg (164.88%), Vitamin C: 115.53mg (140.04%), Vitamin A: 3450.79IU (69.02%), Manganese: 0.77mg (38.74%), Folate: 116.94µg (29.23%), Fiber: 5.1g (20.41%), Potassium: 600.68mg (17.16%), Magnesium: 55.7mg (13.92%), Vitamin E: 2.02mg (13.47%), Copper: 0.26mg (13.02%), Vitamin B6: 0.23mg (11.61%), Calcium: 108.91mg (10.89%), Vitamin B2: 0.17mg (10.11%), Phosphorus: 96.05mg (9.61%), Iron: 1.59mg (8.82%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.18mg (5.88%), Zinc: 0.62mg (4.13%), Selenium: 2.42µg (3.46%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.1µg (1.6%)