



Green Salad with Strawberry Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 cups greens of any kind mixed chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pint strawberries sliced
- ☐ 2 teaspoons strawberry jam

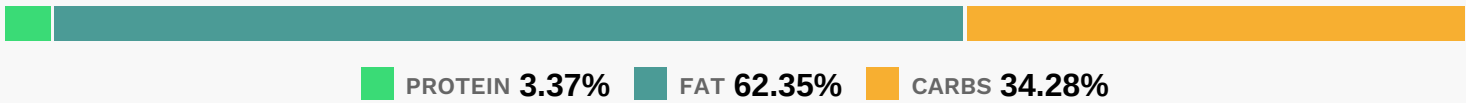
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Place jam in a medium bowl and whisk in vinegar then extra-virgin olive oil. Season the dressing with salt and pepper.
- ☐ Add the strawberries and greens to bowl and toss to coat evenly in dressing.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:4.33, Inflammation Score:-6, Nutrition Score:9.5334782185762%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg 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: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 150.32kcal (7.52%), Fat: 10.89g (16.75%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 11.06g (4.02%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 207.62mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin C: 79.14mg (95.93%), Manganese: 0.52mg (26.13%), Vitamin E: 1.86mg (12.4%), Folate: 43.58µg (10.89%), Fiber: 2.4g (9.62%), Vitamin A: 468.6IU (9.37%), Vitamin K: 8.92µg (8.5%), Potassium: 257.11mg (7.35%), Magnesium: 20.4mg (5.1%), Iron: 0.84mg (4.69%),

Phosphorus: 45.42mg (4.54%), Vitamin B6: 0.09mg (4.41%), Copper: 0.08mg (4.07%), Vitamin B3: 0.68mg (3.39%),
Vitamin B2: 0.05mg (2.86%), Vitamin B1: 0.04mg (2.73%), Calcium: 26.13mg (2.61%), Vitamin B5: 0.2mg (1.97%),
Zinc: 0.26mg (1.7%), Selenium: 0.7µg (1.01%)