



Honey-Lime Berries and Greens



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 0.3 teaspoon dijon mustard
- ☐ 3 tablespoons honey
- ☐ 0.3 cup juice of lime
- ☐ 6 cups the salad mixed
- ☐ 0.3 teaspoon poppy seeds
- ☐ 4 onion red separated thin
- ☐ 0.8 cup strawberries fresh

☐ 3 tablespoons vegetable oil

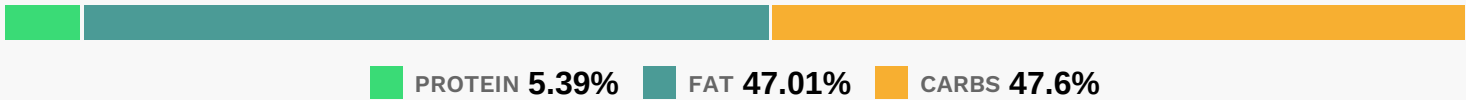
Equipment

☐ bowl

Directions

- ☐ In medium bowl, gently toss salad ingredients.
- ☐ In small bowl, mix dressing ingredients.
- ☐ Serve dressing with salad.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:6.46, Inflammation Score:-6, Nutrition Score:6.7852173991825%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg 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: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 156.13kcal (7.81%), Fat: 8.68g (13.36%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 17.67g (6.43%), Sugar: 12.93g (14.37%), Cholesterol: 0mg (0%), Sodium: 16.49mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 28.37mg (34.39%), Manganese: 0.32mg (15.93%), Vitamin K: 13.26µg (12.63%), Vitamin E: 1.5mg (10.01%), Vitamin A: 463.25IU (9.26%), Folate: 35.86µg (8.96%), Fiber: 2.12g (8.47%), Potassium: 246.31mg (7.04%), Vitamin B6: 0.14mg (6.99%), Magnesium: 24.62mg (6.16%), Phosphorus: 60.36mg (6.04%), Vitamin B2: 0.09mg (5.15%), Copper: 0.1mg (5.01%), Vitamin B1: 0.06mg (4.06%), Calcium: 37.88mg (3.79%), Iron: 0.67mg (3.74%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.2mg (1.97%), Selenium: 0.92µg (1.31%)