



Layered Strawberry Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups tightly baby spinach leaves packed
- 3 cups tightly torn boston lettuce packed
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 1 small onion red separated thinly sliced
- 0.5 cup creamy poppyseed dressing kraft
- 2 cups strawberries fresh sliced
- 0.5 cup planters walnut halves toasted

Equipment

Directions

- Place half the spinach on serving plate; top with half each of the next 4 ingredients. Repeat layers.
- Sprinkle with nuts.
- Drizzle with dressing just before serving.

Nutrition Facts

PROTEIN 17.35% **FAT 63.22%** **CARBS 19.43%**

Properties

Glycemic Index:7.93, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:8.3226086289986%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg 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: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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 Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 109.79kcal (5.49%), Fat: 7.94g (12.22%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.44g (1.61%), Sugar: 3.42g (3.8%), Cholesterol: 13.09mg (4.36%), Sodium: 171.81mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin K: 55.18µg (52.55%), Vitamin A: 1162.57IU (23.25%), Vitamin C: 14.55mg (17.64%), Manganese: 0.32mg (15.84%), Calcium: 138.99mg (13.9%), Phosphorus: 100.95mg (10.1%), Folate: 34.34µg (8.58%), Magnesium: 20.74mg (5.18%), Vitamin B2: 0.08mg (4.93%), Copper: 0.09mg (4.57%), Zinc: 0.65mg (4.35%), Selenium: 3.02µg (4.32%), Fiber: 1.06g (4.22%), Potassium: 141.34mg (4.04%), Vitamin B6: 0.07mg (3.69%), Vitamin E: 0.54mg (3.62%), Iron: 0.61mg (3.38%), Vitamin B1: 0.04mg (2.59%), Vitamin

B12: 0.13µg (2.19%), Vitamin B3: 0.24mg (1.2%)