



Raspberry-Poppy Seed Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 kiwi fruit peeled sliced cut in half
- ☐ 0.3 cup milk
- ☐ 1 tablespoon poppy seeds
- ☐ 2 cups raspberries fresh
- ☐ 0.5 onion red thinly sliced
- ☐ 0.5 cup salad dressing
- ☐ 10 oz the salad (10 cups)
- ☐ 0.3 cup sugar

☐ 2 tablespoons vinegar white

Equipment

☐ bowl

☐ whisk

Directions

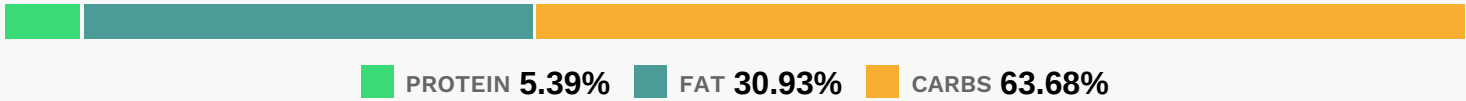
☐ In small bowl, beat all dressing ingredients with wire whisk.

☐ In large bowl, toss all salad ingredients.

☐ Pour dressing over salad; toss.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:10.45, Inflammation Score:-6, Nutrition Score:9.3478260118028%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 154.33kcal (7.72%), Fat: 5.55g (8.54%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 21.76g (7.91%), Sugar: 18.62g (20.69%), Cholesterol: 1.22mg (0.41%), Sodium: 213.5mg (9.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 44.87mg (54.39%), Vitamin K: 26.38µg (25.12%), Manganese: 0.49mg (24.47%), Fiber: 3.96g (15.83%), Vitamin A: 600.04IU (12%), Folate: 36.74µg (9.19%), Vitamin E: 1.2mg (8.03%), Potassium: 257.93mg (7.37%), Phosphorus: 69.47mg (6.95%), Magnesium: 27.22mg (6.81%), Copper: 0.13mg (6.66%), Calcium: 65.92mg (6.59%), Vitamin B6: 0.11mg (5.59%), Iron: 0.87mg (4.83%), Vitamin B1: 0.06mg (4.12%), Vitamin B2: 0.07mg (3.91%), Vitamin B3: 0.67mg (3.36%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.3mg (2.98%), Selenium: 1.26µg (1.79%)