



Raspberry-Poppy Seed Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup sugar
- ☐ 0.3 cup milk
- ☐ 1 tablespoon poppy seeds
- ☐ 2 tablespoons vinegar white
- ☐ 10 oz the of 1 cos lettuce (10 cups)
- ☐ 2 cups raspberries fresh
- ☐ 2 kiwi fruit peeled sliced cut in half

☐ 0.5 onion red thinly sliced

Equipment

☐ bowl

☐ whisk

Directions

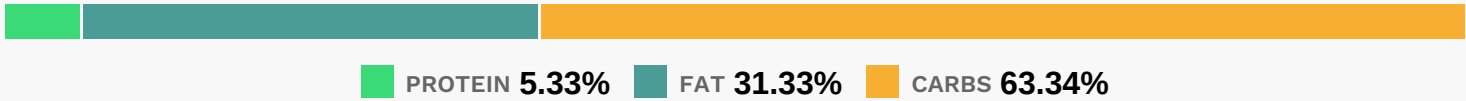
☐ In small bowl, beat all dressing ingredients with wire whisk.

☐ 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:-10, Nutrition Score:14.867391158705%

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: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 154.81kcal (7.74%), Fat: 5.66g (8.71%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 20.8g (7.56%), Sugar: 19.19g (21.32%), Cholesterol: 1.22mg (0.41%), Sodium: 205mg (8.91%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Vitamin A: 4178.7IU (83.57%), Vitamin K: 74.81µg (71.25%), Vitamin C: 35.8mg (43.39%), Manganese: 0.49mg (24.66%), Folate: 83.52µg (20.88%), Fiber: 4.95g (19.8%), Vitamin E: 1.27mg (8.44%), Potassium: 293.36mg (8.38%), Calcium: 75.37mg (7.54%), Magnesium: 28.64mg (7.16%), Copper: 0.13mg (6.61%), Phosphorus: 65.22mg (6.52%), Iron: 1.03mg (5.73%), Vitamin B6: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.44%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.31mg (3.08%), Vitamin B3: 0.56mg (2.8%), Selenium: 1.26µg (1.79%)