



Red, White and Blueberry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blueberries fresh
- 4 teaspoons honey
- 0.5 jicama peeled cut into 1/4-inch slices
- 6 oz lime yoplait®
- 10 oz baby greens chopped (6 cups)
- 0.3 teaspoon salt
- 2.5 cups seeded/seedless watermelon seedless ()

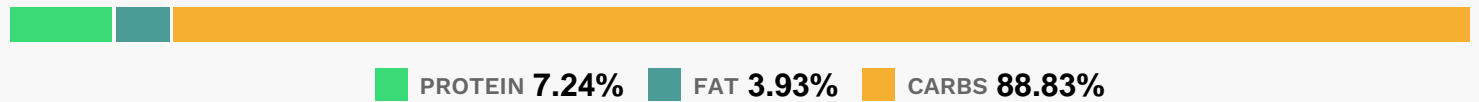
Equipment

bowl

Directions

- In small bowl, mix yogurt, honey and salt; set aside.
- Cut jicama slices into star shapes using a small (1-inch) star-shaped canap cutter.
- In large bowl, toss remaining ingredients.
- Pour dressing over salad mixture; toss until well coated.
- Sprinkle jicama stars over top.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.74, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:9.5217390630556%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 63.49kcal (3.17%), Fat: 0.32g (0.49%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 12.19g (4.43%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 78.38mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin A: 3386.1IU (67.72%), Vitamin K: 40.19µg (38.28%), Vitamin C: 21.58mg (26.16%), Fiber: 4g (15.99%), Folate: 57.44µg (14.36%), Manganese: 0.16mg (8.23%), Potassium: 240.28mg (6.87%), Iron: 0.9mg (5%), Magnesium: 17.11mg (4.28%), Vitamin B6: 0.08mg (4.22%), Vitamin B1: 0.06mg (4.18%), Copper: 0.08mg (4.12%), Vitamin B2: 0.06mg (3.46%), Phosphorus: 29.46mg (2.95%), Calcium: 28.34mg

(2.83%), Vitamin B5: 0.28mg (2.82%), Vitamin E: 0.41mg (2.74%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.26mg (1.71%), Selenium: 0.75µg (1.07%)