



Roasted Strawberry Saganaki Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



452 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 green onion sliced ()
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon mustard
- ☐ 1 tablespoon olive oil
- ☐ 1 handful peas
- ☐ 2 handfuls romaine lettuce cut into bite sized pieces)
- ☐ 1 serving salt and pepper to taste

- ☐ 1 cup strawberries stemmed halved (and)
- ☐ 1 handful walnuts toasted chopped (,)

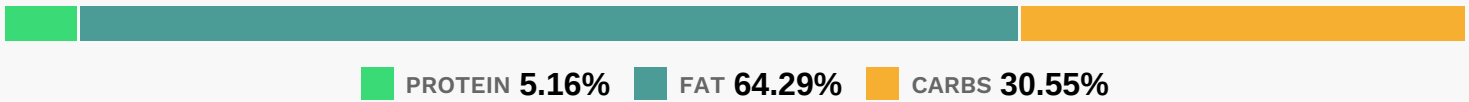
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss the strawberries in the honey and balsamic vinegar to coat.
- ☐ Place the strawberries in a baking dish in a single layer.
- ☐ Roast the strawberries in a preheated 425F oven until slightly caramelized, about 10–12 minutes.
- ☐ Mix the roasted strawberries, saganaki, lettuce, peas, green onion in a large bowl.
- ☐ Pour the juices from the pan into a bowl and mix with the olive oil, mustard, salt and pepper.
- ☐ Toss the salad in the dressing to coat.

Nutrition Facts



Properties

Glycemic Index:270.61, Glycemic Load:14.31, Inflammation Score:-7, Nutrition Score:18.799565076828%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg

Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 452kcal (22.6%), Fat: 34.19g (52.61%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 31g (11.27%), Sugar: 27.89g (30.99%), Cholesterol: 0mg (0%), Sodium: 257.76mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin C: 87.92mg (106.57%), Manganese: 1.67mg (83.28%), Vitamin K: 39.62µg (37.73%), Copper: 0.57mg (28.72%), Fiber: 5.56g (22.23%), Folate: 75.78µg (18.94%), Magnesium: 73.88mg (18.47%), Vitamin E: 2.73mg (18.21%), Phosphorus: 153.76mg (15.38%), Vitamin B6: 0.25mg (12.39%), Potassium: 429.64mg (12.28%), Iron: 2.04mg (11.32%), Vitamin B1: 0.16mg (10.47%), Zinc: 1.28mg (8.56%), Calcium: 70.98mg (7.1%), Vitamin A: 328.32IU (6.57%), Vitamin B2: 0.1mg (5.9%), Selenium: 4.01µg (5.73%), Vitamin B3: 1.04mg (5.18%), Vitamin B5: 0.39mg (3.93%)