



Rob and Lisa's Island Escape Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 cup cherry tomatoes halved
- 1 cup jicama sticks (2 inch)
- 1 medium mangos cut into 1/2-inch-thick slices
- 0.5 pineapple cored cut into 1/2-inch-thick slices
- 4 cups torn salad greens

Equipment

- bowl

grill

Directions

- Preheat greased grill to medium-high heat. Grill fruit 3 min. on each side or until lightly browned on both sides.
- Cut grilled fruit into 2-inch sticks; place in large salad bowl.
- Add greens, jicama and tomatoes; toss lightly.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:2.31, Inflammation Score:-3, Nutrition Score:2.9199999842955%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 33.43kcal (1.67%), Fat: 1.17g (1.8%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 30.04mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 19.45mg (23.58%), Manganese: 0.24mg (11.99%), Vitamin A: 253.79IU (5.08%), Fiber: 0.85g (3.41%), Folate: 13.23µg (3.31%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.45%), Potassium: 81.8mg (2.34%), Vitamin B1: 0.03mg (1.81%), Magnesium: 6.08mg (1.52%), Vitamin B3: 0.28mg (1.4%), Iron: 0.22mg (1.23%), Vitamin E: 0.17mg (1.13%), Vitamin B2: 0.02mg (1.1%)