



Romaine and Strawberry Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon balsamic vinegar



1 tablespoon honey



1 tablespoon purple onion coarsely chopped



2 cups torn romaine lettuce



1 tablespoon slivered almonds toasted



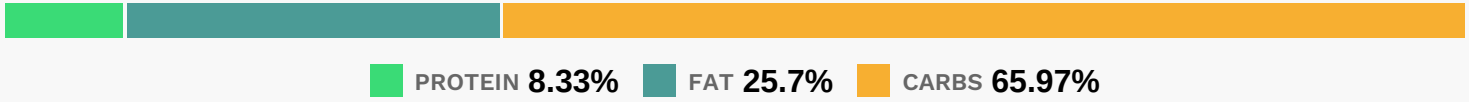
0.5 cup strawberries fresh halved

Equipment

Directions

- ☐ Combine romaine lettuce, strawberry halves, chopped onion, and toasted almonds; toss gently.
- ☐ Combine honey and vinegar, stirring well.
- ☐ Pour vinegar mixture over salad, and toss gently.

Nutrition Facts



Properties

Glycemic Index:89.64, Glycemic Load:6.16, Inflammation Score:-10, Nutrition Score:11.531304387943%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.42kcal (4.47%), Fat: 2.75g (4.23%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 13.43g (4.89%), Sugar: 12.57g (13.96%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin A: 4098.17IU (81.96%), Vitamin K: 48.99µg (46.65%), Vitamin C: 23.47mg (28.45%), Folate: 75.92µg (18.98%), Manganese: 0.35mg (17.57%), Fiber: 2.44g (9.75%), Vitamin E: 1.45mg (9.64%), Magnesium: 26.43mg (6.61%), Potassium: 229.54mg (6.56%), Vitamin B2: 0.1mg (5.99%), Phosphorus: 50.18mg (5.02%), Iron: 0.9mg (5.01%), Copper: 0.1mg (4.96%), Calcium: 38.66mg

(3.87%), Vitamin B1: 0.05mg (3.67%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.15mg (1.48%)