




 **53%**
HEALTH SCORE

Romaine-Broccoli Salad with Strawberries


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




10 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- 4 cups the of 1 cos lettuce
- 2 cups broccoli (from 16-oz. pkg.)
- 1 cup strawberries fresh quartered
- 2 slices onion red quartered thin
- 0.3 cup balsamic vinaigrette salad dressing

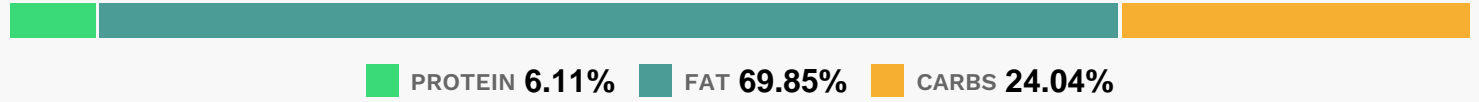
Equipment

- bowl

Directions

- In large serving bowl, combine all ingredients except salad dressing; toss to mix.
- Pour dressing over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:11.506086779677%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.21kcal (4.36%), Fat: 7.24g (11.13%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 12.75mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin K: 76.31µg (72.67%), Vitamin A: 2914.85IU (58.3%), Vitamin C: 41.88mg (50.76%), Folate: 67.74µg (16.93%), Manganese: 0.21mg (10.44%), Fiber: 1.98g (7.92%), Vitamin E: 0.98mg (6.54%), Potassium: 214.73mg (6.14%), Vitamin B6: 0.09mg (4.57%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 35.87mg (3.59%), Magnesium: 14.13mg (3.53%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.42%), Calcium: 29.04mg (2.9%), Vitamin B5: 0.25mg (2.48%), Copper: 0.04mg (2.14%), Vitamin B3: 0.38mg (1.92%), Selenium: 1.2µg (1.71%), Zinc: 0.23mg (1.56%)