



Romaine-Broccoli Salad with Strawberries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

Ingredients

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

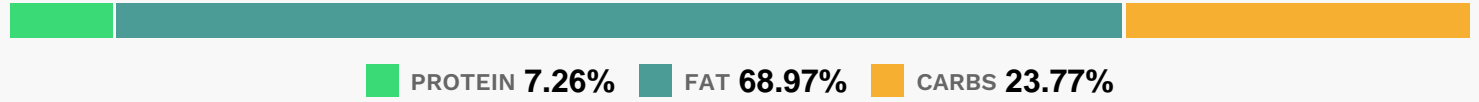
Equipment

- 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:11.17, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:10.919565169708%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.78kcal (4.39%), Fat: 7.26g (11.17%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 13.24mg (0.58%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin C: 50.82mg (61.6%), Vitamin A: 2882.77IU (57.66%), Vitamin K: 46.39µg (44.18%), Folate: 76µg (19%), Manganese: 0.23mg (11.67%), Potassium: 244.45mg (6.98%), Vitamin E: 0.75mg (5.01%), Vitamin B6: 0.1mg (5%), Fiber: 1.22g (4.87%), Magnesium: 17.39mg (4.35%), Vitamin B2: 0.07mg (4.26%), Phosphorus: 41.37mg (4.14%), Iron: 0.74mg (4.13%), Vitamin B1: 0.05mg (3.66%), Calcium: 33.33mg (3.33%), Vitamin B5: 0.28mg (2.82%), Selenium: 1.6µg (2.28%), Copper: 0.05mg (2.27%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.26mg (1.76%)