



Romaine Salad with Fresh Strawberries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



8 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons raspberry vinaigrette fat-free
- 4 cups torn romaine lettuce (1 small head)
- 1 cup strawberries fresh quartered

Equipment

- bowl

Directions

- Combine lettuce and strawberries in a large bowl.
- Pour raspberry vinaigrette over lettuce mixture, and toss well.

Nutrition Facts

■ **PROTEIN 10.19%**
■ **FAT 6.97%**
■ **CARBS 82.84%**

Properties

Glycemic Index:10, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:9.6726086074891%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg 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 Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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 Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 29.6kcal (1.48%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 4.96g (1.8%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 101.6mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 4098.02IU (81.96%), Vitamin K: 48.97µg (46.64%), Vitamin C: 23.05mg (27.94%), Folate: 72.56µg (18.14%), Manganese: 0.21mg (10.59%), Fiber: 1.71g (6.83%), Potassium: 171.17mg (4.89%), Iron: 0.6mg (3.35%), Vitamin B1: 0.04mg (2.83%), Magnesium: 11.26mg (2.82%), Vitamin B6: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.32%), Phosphorus: 22.74mg (2.27%), Calcium: 21.27mg (2.13%), Copper: 0.04mg (1.99%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.11mg (1.12%), Vitamin E: 0.17mg (1.1%), Zinc: 0.16mg (1.06%)