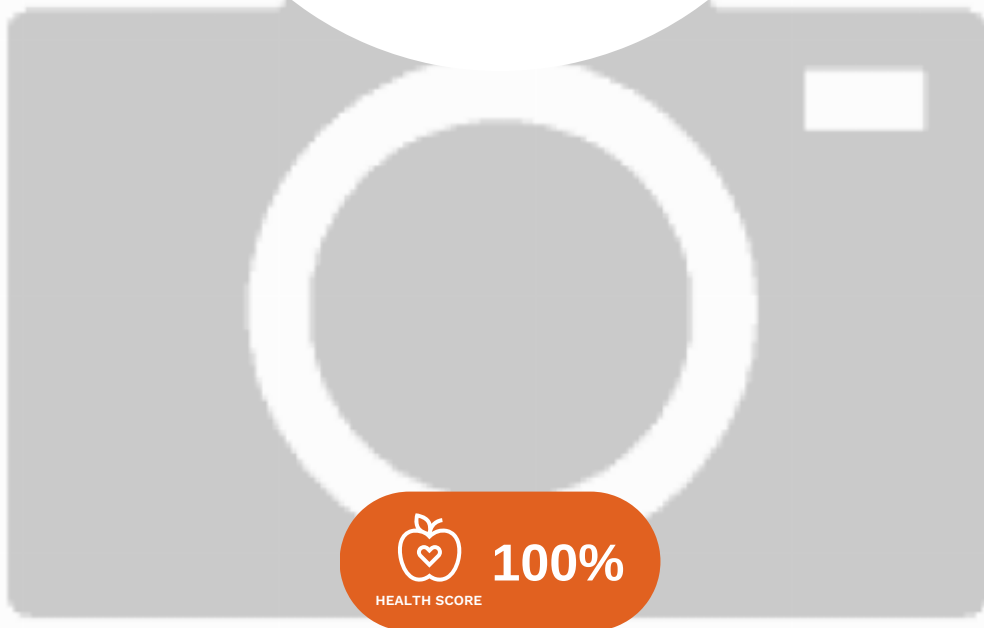




Romaine Salad with Strawberries, Mangoes, and Barley



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup barley cooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounce mandarin orange segments drained canned
- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 cup olive oil extra virgin
- ☐ 1 clove garlic pressed

- ☐ 0.5 cup julienne-cut jicama
- ☐ 1 teaspoon brown sugar light
- ☐ 0.5 cup mangos diced
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 head romaine lettuce cut into 1-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pint strawberries fresh sliced

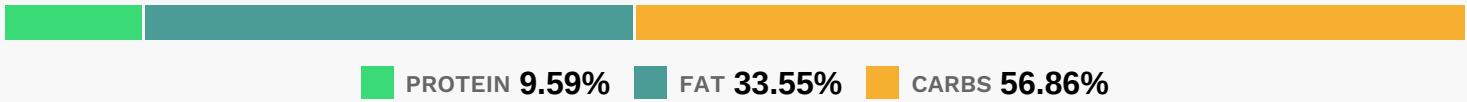
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk balsamic vinegar, Dijon mustard, brown sugar, garlic, salt, and pepper together in a bowl until mixed. Stream olive oil into the vinegar mixture, whisking until smoothly incorporated.
- ☐ Pile romaine in a mound on a large platter. Arrange strawberries, mango, and jicama atop the lettuce.
- ☐ Combine barley, celery, and pecans in a bowl; sprinkle over the salad.
- ☐ Serve with the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:9.1, Inflammation Score:-10, Nutrition Score:24.637391235517%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg,

Epigallocatechin: 0.54mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg
Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–
gallate: 0.06mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate:
0.14mg, Epigallocatechin 3–gallate: 0.14mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin:
0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin:
0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg,
Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:
2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.25kcal (12.31%), Fat: 9.61g (14.78%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 36.65g (12.22%), Net
Carbohydrates: 26.98g (9.81%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 219.5mg (9.54%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin A: 9439.34IU (188.79%), Vitamin K: 112.65µg
(107.28%), Manganese: 1.15mg (57.39%), Vitamin C: 39.56mg (47.95%), Folate: 166.11µg (41.53%), Fiber: 9.67g
(38.68%), Vitamin B1: 0.33mg (22.07%), Selenium: 12.88µg (18.39%), Magnesium: 71.75mg (17.94%), Potassium:
549.43mg (15.7%), Copper: 0.3mg (15.2%), Iron: 2.65mg (14.72%), Phosphorus: 142.43mg (14.24%), Vitamin B6:
0.24mg (11.81%), Vitamin B2: 0.19mg (10.9%), Vitamin B3: 2.13mg (10.63%), Vitamin E: 1.46mg (9.73%), Zinc: 1.46mg
(9.72%), Calcium: 63.66mg (6.37%), Vitamin B5: 0.37mg (3.69%)