



Romance-in-a-Bowl Salad

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



624 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds
- 4 cups the salad
- 1 carrots peeled sliced
- 0.5 cup croutons
- 0.3 cup currants dried
- 0.3 cup feta cheese crumbled
- 1 teaspoon garlic minced
- 2 spring onion chopped

- 12 raspberries fresh
- 6 strawberries hulled sliced
- 0.5 cup balsamic vinaigrette salad dressing to taste
- 0.3 cup walnut pieces chopped

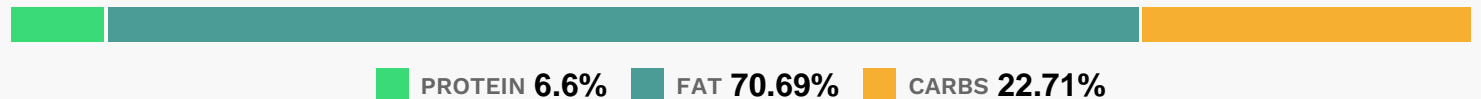
Equipment

- bowl

Directions

- In a large bowl, toss together the salad greens, carrot, green onions, strawberries, raspberries, garlic, walnuts, almond slices, currants and feta cheese. Divide between two salad bowls. Top each bowl with some croutons and serve with vinaigrette dressing.

Nutrition Facts



Properties

Glycemic Index:164.42, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:27.965217320815%

Flavonoids

Cyanidin: 6.78mg, Cyanidin: 6.78mg, Cyanidin: 6.78mg, Cyanidin: 6.78mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 9.06mg, Pelargonidin: 9.06mg, Pelargonidin: 9.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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Nutrients (% of daily need)

Calories: 624.41kcal (31.22%), Fat: 51.5g (79.23%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 30.93g (11.25%), Sugar: 17.69g (19.66%), Cholesterol: 16.69mg (5.56%), Sodium: 319.37mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.63%), Vitamin A: 6227.49IU (124.55%), Vitamin K: 93.7µg (89.23%), Manganese: 1.31mg (65.7%), Vitamin C: 48.43mg (58.71%), Vitamin E: 6.46mg (43.06%), Copper: 0.52mg (25.96%), Vitamin B2: 0.44mg (25.8%), Phosphorus: 256.28mg (25.63%), Fiber: 6.29g (25.16%), Folate: 91.37µg (22.84%), Magnesium: 89.08mg (22.27%), Calcium: 199.82mg (19.98%), Vitamin B6: 0.38mg (19.23%), Potassium: 662.11mg (18.92%), Vitamin B1: 0.24mg (16.27%), Iron: 2.65mg (14.71%), Zinc: 1.89mg (12.6%), Selenium: 8.74µg (12.49%), Vitamin B3: 2.49mg (12.45%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.32µg (5.28%)