



Spinach and Strawberry Daiquiri Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 10 ounce baby spinach dried rinsed
- ☐ 1 cup coconut or flaked toasted
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime
- ☐ 0.3 teaspoon poppy seeds
- ☐ 0.5 onion red sliced

- ☐ 0.3 teaspoon salt
- ☐ 2 pints strawberries fresh sliced
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup sugar white

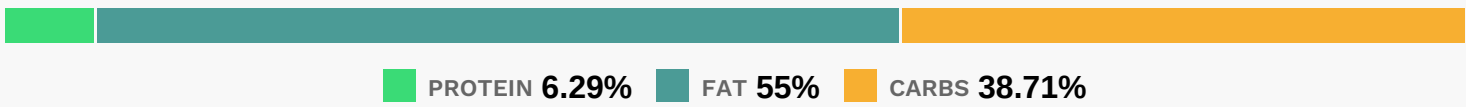
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the lime juice, honey, poppy seeds, and mustard in a small bowl; slowly whisk in the oil.
- ☐ Combine the almonds, salt, and sugar in a large skillet. Stir constantly over medium-low heat until almonds are light golden brown, about 5 minutes.
- ☐ Remove nuts from the skillet to cool.
- ☐ Toss the spinach, strawberries, coconut, onions, and cooled almonds in a large bowl. Top with prepared dressing, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:12.01, Inflammation Score:-10, Nutrition Score:24.18782614625%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-

gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg
Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 19.98g (30.73%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 25.13g (9.14%), Sugar: 22.57g (25.08%), Cholesterol: 0mg (0%), Sodium: 108.55mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin K: 186.4µg (177.52%), Vitamin C: 82.51mg (100.01%), Manganese: 1.36mg (67.75%), Vitamin A: 3341.26IU (66.83%), Vitamin E: 4.63mg (30.87%), Folate: 105.52µg (26.38%), Fiber: 6.51g (26.03%), Magnesium: 85.89mg (21.47%), Copper: 0.32mg (15.83%), Potassium: 546.16mg (15.6%), Vitamin B2: 0.24mg (14.3%), Iron: 2.31mg (12.82%), Phosphorus: 127.42mg (12.74%), Vitamin B6: 0.19mg (9.32%), Calcium: 92.54mg (9.25%), Zinc: 0.98mg (6.51%), Vitamin B1: 0.09mg (6.14%), Vitamin B3: 1.23mg (6.13%), Selenium: 3.49µg (4.99%), Vitamin B5: 0.34mg (3.36%)