



## Spinach-Strawberry Salad

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



1865 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 tablespoon apple cider vinegar white
- 1 teaspoon poppy seeds
- 2 teaspoons dijon mustard
- 1 small jicama
- 2 kiwi fruit

- 1 cup strawberries fresh
- 8 cups no boil lasagna noodles (from 9-)

## Equipment

- bowl
- paper towels
- tongs

## Directions

- In a tightly covered jar or container, shake all the dressing ingredients.
- Peel the jicama, removing the brown skin and a thin layer of the flesh just under the skin. The skin can sometimes be slightly tough.
- Cut about half of the jicama into about 1x 1/4-inch sticks to measure about 3/4 cup. Wrap remaining jicama and refrigerate for another use.
- Peel the kiwifruit.
- Cut lengthwise in half, then cut into slices. Rinse the strawberries with cool water and pat dry.
- Remove the leaves and cut the berries lengthwise into slices.
- Remove and discard the stems from the spinach leaves. Rinse the leaves in cool water. Shake off excess water and blot to dry with paper towels. Tear any large leaves into bite-size pieces.
- In a large salad bowl, place the spinach, strawberries, jicama sticks and kiwifruit slices. Shake the dressing again to mix ingredients.
- Pour the dressing over the salad ingredients, and toss with 2 large spoons or salad tongs. To keep salad crisp, serve immediately.

## Nutrition Facts



**PROTEIN 12.71%** **FAT 7.55%** **CARBS 79.74%**

## Properties

Glycemic Index:72.23, Glycemic Load:8.98, Inflammation Score:-2, Nutrition Score:15.266521811485%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 1864.59kcal (93.23%), Fat: 16.07g (24.73%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 381.98g (127.33%), Net Carbohydrates: 358.24g (130.27%), Sugar: 25.37g (28.19%), Cholesterol: 211.23mg (70.41%), Sodium: 34.67mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.86g (121.72%), Fiber: 23.74g (94.96%), Vitamin C: 77.91mg (94.44%), Potassium: 1457.07mg (41.63%), Vitamin K: 31.95µg (30.43%), Manganese: 0.32mg (15.9%), Vitamin E: 1.7mg (11.32%), Folate: 34.97µg (8.74%), Copper: 0.14mg (7.2%), Magnesium: 28.05mg (7.01%), Iron: 0.99mg (5.48%), Phosphorus: 51.92mg (5.19%), Calcium: 46.82mg (4.68%), Vitamin B6: 0.09mg (4.62%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.28mg (2.85%), Vitamin B3: 0.56mg (2.79%), Selenium: 1.92µg (2.74%), Zinc: 0.36mg (2.43%), Vitamin A: 81.84IU (1.64%)