



## Spring Garden Strawberry Salad

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 oz baby arugula
- ☐ 0.8 cup baby peas frozen english thawed
- ☐ 6 servings basil vinaigrette sweet
- ☐ 6 slices bacon cooked coarsely chopped
- ☐ 1 cup cucumber english seeded chopped
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 2 cups strawberries fresh sliced
- ☐ 5 oz sugar snap peas fresh trimmed

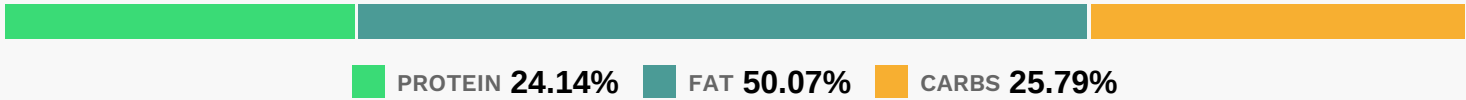
# Equipment

☐ steamer basket

# Directions

- ☐ Arrange sugar snap peas in a steamer basket over boiling water. Cover and steam 1 to 2 minutes or until crisp-tender. Plunge peas into ice water to stop the cooking process; drain.
- ☐ Cut peas diagonally in half.
- ☐ Toss together arugula, next 5 ingredients, and sugar snap peas on a large serving platter.
- ☐ Serve with Sweet Basil Vinaigrette.

# Nutrition Facts



# Properties

Glycemic Index:35.56, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:13.825652176919%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 151.9kcal (7.6%), Fat: 8.65g (13.31%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 7g (2.55%), Sugar: 5.1g (5.66%), Cholesterol: 22.09mg (7.36%), Sodium: 359.61mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.77%), Vitamin C: 53.33mg (64.64%), Vitamin K:

43.65µg (41.58%), Vitamin A: 1120.57IU (22.41%), Manganese: 0.42mg (20.9%), Phosphorus: 162.91mg (16.29%), Calcium: 159.59mg (15.96%), Folate: 60.93µg (15.23%), Fiber: 3.03g (12.11%), Selenium: 7.59µg (10.85%), Vitamin B1: 0.16mg (10.61%), Potassium: 354.34mg (10.12%), Vitamin B2: 0.17mg (9.86%), Vitamin B6: 0.19mg (9.45%), Magnesium: 37.13mg (9.28%), Vitamin B3: 1.83mg (9.16%), Zinc: 1.24mg (8.29%), Iron: 1.48mg (8.21%), Vitamin B5: 0.8mg (8.04%), Copper: 0.12mg (5.94%), Vitamin B12: 0.32µg (5.3%), Vitamin E: 0.44mg (2.92%)