



## Spring Greens Fruit Salad (Crowd Size)



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 cup citrus champagne vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon marjoram dried fresh chopped
- ☐ 1 Dash salt
- ☐ 6 cups the salad mixed
- ☐ 2 cups strawberries sliced
- ☐ 2 peaches pitted thinly sliced

- ☐ 4 ounces gouda cheese    diced
- ☐ 0.5 cup hazelnuts    toasted coarsely chopped

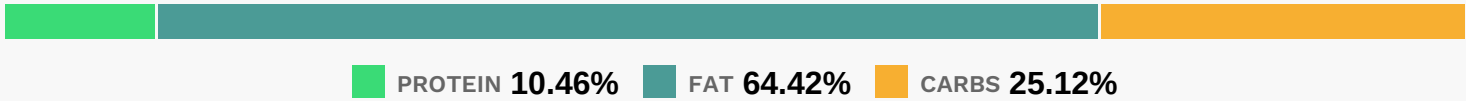
## Equipment

- ☐ bowl

## Directions

- ☐ Mix vinegar, oil, honey, marjoram and salt.
- ☐ In large serving bowl, mix baby greens, strawberries, peaches and cheese.
- ☐ Add vinegar mixture; toss to coat.
- ☐ Sprinkle with hazelnuts.

## Nutrition Facts



## Properties

Glycemic Index:14.54, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:6.5021739550259%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 139.55kcal (6.98%), Fat: 10.34g (15.9%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 7.65g (2.78%), Sugar: 6.58g (7.31%), Cholesterol: 10.77mg (3.59%), Sodium: 90.38mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin C: 20.25mg (24.54%), Manganese: 0.46mg (23.18%), Vitamin K: 11.59µg (11.04%), Vitamin E: 1.4mg (9.33%), Phosphorus: 86.6mg (8.66%), Calcium: 83.42mg (8.34%), Vitamin A: 379.23IU (7.58%), Copper: 0.13mg (6.73%), Folate: 22.82µg (5.71%), Fiber: 1.41g (5.66%), Magnesium: 19.26mg (4.81%), Potassium: 155.3mg (4.44%), Zinc: 0.64mg (4.27%), Iron: 0.77mg (4.25%), Vitamin B2: 0.06mg (3.65%), Vitamin B6: 0.07mg (3.6%), Vitamin B1: 0.05mg (3.55%), Selenium: 2.23µg (3.18%), Vitamin B3: 0.51mg (2.56%), Vitamin B12: 0.15µg (2.43%), Vitamin B5: 0.17mg (1.73%)