



Spring Greens with Strawberries



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 5 oz arugula
- ☐ 1 avocado cut into 1-inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 3 tablespoons honey
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 1 small shallots finely chopped
- ☐ 1 pt strawberries fresh sliced
- ☐ 4 oz watercress

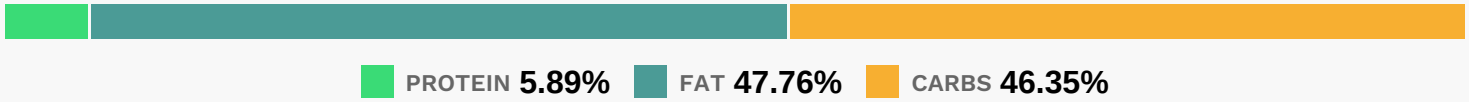
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 7 ingredients in a small bowl until blended. Cover and chill until ready to serve.
- ☐ Toss together arugula and next 3 ingredients in a large bowl. Top with avocado, and drizzle with half of vinaigrette just before serving; toss.
- ☐ Serve with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:38.16, Glycemic Load:5.21, Inflammation Score:-8, Nutrition Score:11.451739290486%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin:

1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 117.76kcal (5.89%), Fat: 6.74g (10.38%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 11.32g (4.11%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 167.41mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 63.09µg (60.09%), Vitamin C: 47.62mg (57.72%), Vitamin A: 1030.82IU (20.62%), Manganese: 0.4mg (20.19%), Folate: 56.49µg (14.12%), Fiber: 3.41g (13.64%), Potassium: 354.62mg (10.13%), Vitamin E: 1.3mg (8.68%), Magnesium: 28.61mg (7.15%), Vitamin B6: 0.14mg (6.98%), Calcium: 63.76mg (6.38%), Vitamin B5: 0.57mg (5.67%), Copper: 0.11mg (5.52%), Vitamin B2: 0.09mg (5.08%), Iron: 0.9mg (5.01%), Phosphorus: 49.51mg (4.95%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.39mg (2.62%), Selenium: 0.83µg (1.19%)