



Spring Greens With Strawberries And Honey-Watermelon Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1.5 tablespoons honey
- ☐ 5 servings pepper freshly ground
- ☐ 0.5 cup onion red thinly sliced
- ☐ 5 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups strawberries fresh sliced

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup watermelon diced
- ☐ 1 tablespoon red-wine vinegar

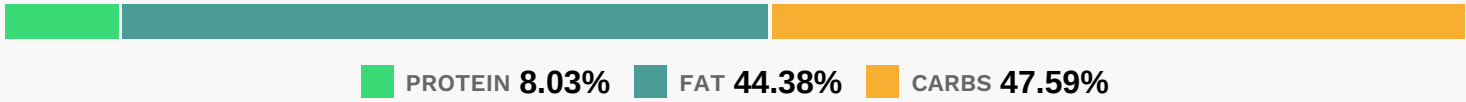
Equipment

- ☐ blender

Directions

- ☐ Combine first 5 ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Place 1 cup greens on each of 5 individual salad plates. Top evenly with strawberries, red onion, and almonds.
- ☐ Drizzle 2 tablespoons dressing over each salad.
- ☐ Sprinkle with pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:7.1991304470145%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg

Isorhamnetin: 0.96mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.67mg, Quercetin:
3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.97kcal (5.65%), Fat: 5.98g (9.2%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 14.43g (4.81%), Net
Carbohydrates: 12.51g (4.55%), Sugar: 9.76g (10.85%), Cholesterol: 0mg (0%), Sodium: 128.55mg (5.59%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin C: 34.14mg (41.38%), Manganese: 0.39mg
(19.48%), Vitamin E: 1.92mg (12.78%), Vitamin A: 632.62IU (12.65%), Magnesium: 30.7mg (7.68%), Fiber: 1.92g
(7.67%), Folate: 30.23µg (7.56%), Potassium: 232.04mg (6.63%), Vitamin B2: 0.11mg (6.54%), Phosphorus: 62.38mg
(6.24%), Copper: 0.12mg (6.17%), Vitamin K: 6.05µg (5.76%), Vitamin B6: 0.09mg (4.6%), Iron: 0.78mg (4.36%),
Calcium: 34.34mg (3.43%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.66mg (3.31%), Zinc: 0.4mg (2.66%), Vitamin
B5: 0.21mg (2.14%), Selenium: 0.81µg (1.16%)