



Spring Raspberry Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup walnut pieces chopped
- ☐ 2 tablespoons sugar
- ☐ 5 oz the salad mixed
- ☐ 12 oz raspberries fresh (2 cups)
- ☐ 0.5 cup dates chopped
- ☐ 0.3 cup balsamic vinaigrette
- ☐ 2 oz goat cheese crumbled

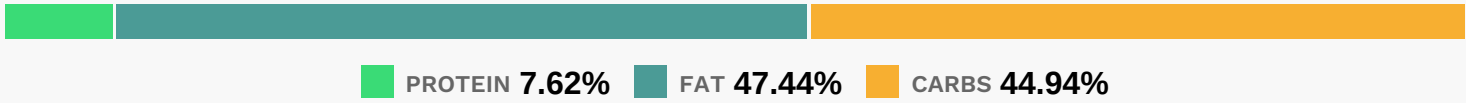
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 8-inch nonstick skillet cook walnuts and sugar over low heat about 10 minutes, stirring constantly, until sugar is melted and walnuts are coated; cool and break apart.
- ☐ In large bowl, combine salad greens, raspberries, onion and dates. Just before serving, pour dressing over salad; toss gently to coat. Top with cheese and walnuts.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:5.5447826294795%

Flavonoids

Cyanidin: 19.72mg, Cyanidin: 19.72mg, Cyanidin: 19.72mg, Cyanidin: 19.72mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 141.08kcal (7.05%), Fat: 7.82g (12.03%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 12.92g (4.7%), Sugar: 11.18g (12.43%), Cholesterol: 3.26mg (1.09%), Sodium: 119.9mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Manganese: 0.47mg (23.35%), Vitamin C: 15.34mg (18.59%), Fiber: 3.74g (14.98%), Copper: 0.18mg (8.81%), Vitamin A: 290.18IU (5.8%), Phosphorus: 55.73mg (5.57%), Magnesium: 22.17mg (5.54%), Folate: 21.67µg (5.42%), Potassium: 172.98mg (4.94%), Vitamin B6: 0.09mg (4.5%), Iron: 0.74mg (4.12%), Vitamin B2: 0.06mg (3.77%), Vitamin K: 3.79µg (3.61%), Calcium: 31.04mg (3.1%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.42mg (2.81%), Vitamin E: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.54mg (2.7%), Selenium: 0.83µg (1.18%)