



Strawberry and Feta Salad

 Vegetarian  Gluten Free  Popular

READY IN



15 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- 1 teaspoon dijon mustard
- 1 cup feta cheese crumbled
- 2 cloves garlic minced
- 1 teaspoon honey
- 0.3 cup raspberry vinegar
- 1 head romaine lettuce

- 1 cup slivered almonds
- 1 pint strawberries fresh sliced
- 1 cup vegetable oil

Equipment

- bowl
- frying pan
- whisk

Directions

- In a skillet over medium-high heat, cook the almonds, stirring frequently, until lightly toasted.
- Remove from heat, and set aside.
- In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.
- In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

Nutrition Facts



PROTEIN 11.66% **FAT 62.55%** **CARBS 25.79%**

Properties

Glycemic Index:28.13, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:18.286087198102%

Flavonoids

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Nutrients (% of daily need)

Calories: 183.13kcal (9.16%), Fat: 13.32g (20.5%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 8.72g (3.17%), Sugar: 6.95g (7.72%), Cholesterol: 13.35mg (4.45%), Sodium: 183.93mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.17%), Vitamin A: 5521.96IU (110.44%), Vitamin K: 73.51µg (70.01%), Vitamin C: 30.52mg (36.99%), Manganese: 0.56mg (28.2%), Folate: 106.14µg (26.53%), Vitamin E: 3.37mg (22.46%), Vitamin B2: 0.3mg (17.84%), Fiber: 3.65g (14.59%), Calcium: 135.95mg (13.59%), Phosphorus: 135.3mg (13.53%), Magnesium: 48.23mg (12.06%), Potassium: 330.14mg (9.43%), Copper: 0.17mg (8.68%), Vitamin B6: 0.16mg (7.79%), Iron: 1.37mg (7.63%), Vitamin B1: 0.1mg (6.92%), Zinc: 1mg (6.64%), Selenium: 3.43µg (4.9%), Vitamin B3: 0.93mg (4.64%), Vitamin B12: 0.25µg (4.23%), Vitamin B5: 0.35mg (3.52%)