



Strawberry and Feta Salad



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 clove garlic grated
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon raspberry vinegar
- ☐ 6 cups romaine lettuce cut into bite sized pieces

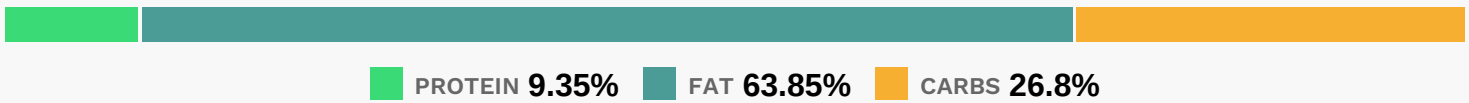
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 cup strawberries sliced

Equipment

Directions

- ☐ Mix the garlic, honey, mustard, vinegar and oil.Toss the lettuce, almonds, strawberries and almonds with the dressing to coat.

Nutrition Facts



Properties

Glycemic Index:70.32, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:18.554347660231%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.34kcal (8.62%), Fat: 12.86g (19.78%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.31g (3.02%), Sugar: 6.73g (7.48%), Cholesterol: 8.34mg (2.78%), Sodium: 128.5mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.47%), Vitamin A: 6189.77IU (123.8%), Vitamin K: 78.26µg

(74.53%), Vitamin C: 45.4mg (55.03%), Folate: 119.28µg (29.82%), Manganese: 0.58mg (28.89%), Vitamin E: 3.06mg (20.39%), Fiber: 3.84g (15.35%), Vitamin B2: 0.22mg (13.03%), Phosphorus: 106.12mg (10.61%), Calcium: 102.82mg (10.28%), Magnesium: 40.73mg (10.18%), Potassium: 352.67mg (10.08%), Iron: 1.41mg (7.81%), Copper: 0.15mg (7.3%), Vitamin B6: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.68%), Zinc: 0.77mg (5.13%), Vitamin B3: 0.85mg (4.25%), Selenium: 2.8µg (4%), Vitamin B5: 0.32mg (3.22%), Vitamin B12: 0.16µg (2.64%)