



Strawberry-Apple Salsa Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



18 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp cilantro leaves chopped
- 1 medium apples i use 2 granny smith apples chopped
- 2 Tbsp green onions sliced
- 1 medium mcintosh apples chopped
- 6 cups romaine lettuce
- 1 pt strawberries sliced
- 0.8 cup lite raspberry vinaigrette dressing kraft

Equipment

bowl

Directions

- Toss strawberries with apples, onions, cilantro and dressing in large bowl.
- Let stand 15 min.
- Add spinach just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:2.6934782797876%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg, Pelargonidin: 3.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 18.47kcal (0.92%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.66g (1.33%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 53.1mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin A: 832.97IU (16.66%), Vitamin C: 10.29mg (12.47%), Vitamin K: 11.16µg (10.63%), Folate: 17.21µg (4.3%), Manganese: 0.08mg (4.02%), Fiber: 0.82g (3.26%), Potassium: 61.58mg (1.76%), Magnesium: 4.06mg (1.02%)