




 **100%**
HEALTH SCORE

Strawberry-Begonia Salad

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 1.3 cups begonia blossoms rinsed drained
- 2 quarts boston lettuce leaves rinsed drained
- 2 tablespoons tarragon leaves fresh rinsed drained
- 1 tablespoon honey
- 1 teaspoon lemon zest grated
- 6 servings salt and pepper
- 2 cups strawberries hulled rinsed

Equipment

bowl

Directions

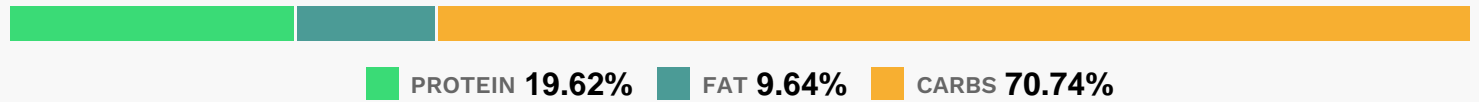
In a wide shallow bowl, mix vinegar, honey, and lemon peel.

Place lettuce in bowl.

Cut strawberries in 1/3-inch-thick slices and scatter over lettuce. Top with begonias and tarragon.

Mix salad and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:28.255652386209%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 108.54kcal (5.43%), Fat: 1.3g (2.01%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 14.06g (5.11%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 214.09mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin K: 323.76µg (308.35%), Vitamin A: 10551.66IU (211.03%), Iron: 32.76mg (181.98%), Folate: 248.31µg (62.08%), Vitamin C: 41.51mg (50.31%), Manganese: 0.95mg

(47.65%), Potassium: 1181.69mg (33.76%), Fiber: 7.45g (29.82%), Magnesium: 80.75mg (20.19%), Vitamin B6: 0.34mg (16.94%), Phosphorus: 161.25mg (16.12%), Calcium: 148.31mg (14.83%), Vitamin B2: 0.24mg (14.06%), Vitamin B1: 0.2mg (13.16%), Vitamin B3: 1.53mg (7.63%), Zinc: 0.81mg (5.38%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.71mg (4.72%), Copper: 0.09mg (4.69%), Selenium: 2.22µg (3.17%)