



Strawberry Blue Cheese Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 8 ounces cheese blue crumbled
- 6 cups the salad mixed
- 3 tablespoons olive oil
- 0.5 cup pecans chopped
- 3 tablespoons raspberry vinegar
- 0.5 cup onion diced red
- 2 cups strawberries fresh diced

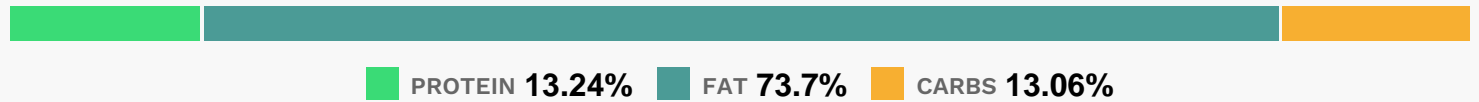
Equipment

- bowl
- frying pan
- whisk

Directions

- Place the pecans in a skillet over medium heat. Tossing frequently, toast until lightly browned.
- In a bowl, whisk together the raspberry vinegar, balsamic vinegar, and olive oil.
- In a large bowl, mix the toasted pecans, greens, strawberries, blue cheese, and red onion. Toss with the vinegar and olive oil dressing mixture to serve.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:11.864347696304%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg 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: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 293.79kcal (14.69%), Fat: 24.57g (37.81%), Saturated Fat: 8.61g (53.83%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.74g (2.81%), Sugar: 4.69g (5.21%), Cholesterol: 28.35mg (9.45%), Sodium: 448.46mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin C: 38.59mg (46.78%), Manganese: 0.7mg (35.13%), Calcium: 224.64mg (22.46%), Phosphorus: 204.55mg (20.46%), Vitamin A: 753.92IU (15.08%), Vitamin B2: 0.19mg (11.2%), Folate: 44.46µg (11.11%), Zinc: 1.6mg (10.67%), Vitamin E: 1.37mg (9.14%), Selenium: 6.25µg (8.93%), Potassium: 310.22mg (8.86%), Copper: 0.17mg (8.75%), Vitamin B5: 0.86mg (8.56%), Magnesium: 32.99mg (8.25%), Fiber: 2.06g (8.23%), Vitamin B12: 0.46µg (7.69%), Vitamin B6: 0.15mg (7.62%), Vitamin B1: 0.1mg (6.7%), Vitamin K: 6.55µg (6.24%), Iron: 0.94mg (5.2%), Vitamin B3: 0.91mg (4.56%), Vitamin D: 0.19µg (1.26%)