



Strawberry-Feta Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup strawberry balsamic vinaigrette dressing kraft
- 0.5 cup athenos feta cheese crumbled traditional
- 5 oz baby greens mixed
- 1 cup strawberries fresh sliced
- 3 Tbsp planters walnuts toasted coarsely chopped

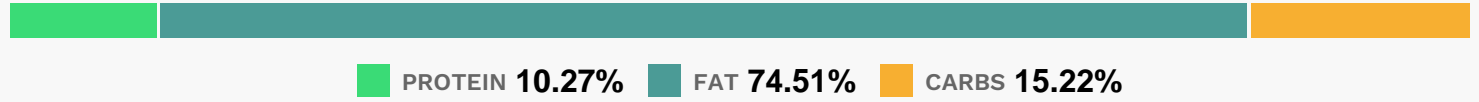
Equipment

- bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:3.0734782925119%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 68kcal (3.4%), Fat: 5.79g (8.9%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.98g (1.09%), Cholesterol: 6.68mg (2.22%), Sodium: 142.49mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin C: 11.79mg (14.3%), Manganese: 0.18mg (9.05%), Vitamin B2: 0.08mg (4.59%), Calcium: 44.65mg (4.47%), Phosphorus: 44.64mg (4.46%), Vitamin A: 195IU (3.9%), Folate: 14.04µg (3.51%), Vitamin B6: 0.07mg (3.3%), Copper: 0.06mg (3.2%), Magnesium: 9.6mg (2.4%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.13µg (2.11%), Selenium: 1.39µg (1.98%), Vitamin B1: 0.03mg (1.97%), Fiber: 0.49g (1.96%), Potassium: 64.29mg (1.84%), Iron: 0.28mg (1.58%), Vitamin B5: 0.12mg (1.25%), Vitamin B3: 0.24mg (1.21%)