



## Strawberry Fields

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

## Ingredients

- 1 tablespoon dijon mustard
- 0.3 cup honey
- 8 ounce baby greens mixed
- 0.8 cup olive oil
- 1 small onion red sliced thin
- 0.3 cup red wine vinegar
- 6 servings salt and pepper to taste
- 1 pint strawberries sliced

1 cup cranberries dried sweetened

0.3 cup sugar white

## Equipment

bowl

whisk

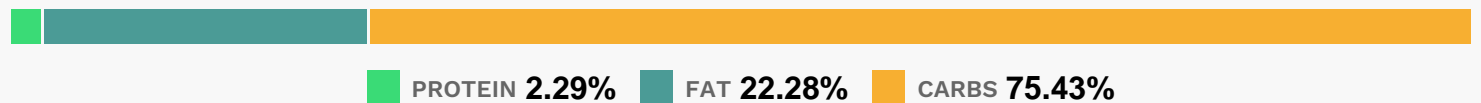
## Directions

Whisk the olive oil, vinegar, honey, sugar, mustard, salt, and pepper together in a bowl to make the dressing.

Toss the strawberries, baby greens, cranberries, and onion together in a bowl; top with the feta cheese.

Drizzle the dressing over the salad to serve.

## Nutrition Facts



## Properties

Glycemic Index:36.89, Glycemic Load:14.06, Inflammation Score:-6, Nutrition Score:8.1478261532991%

## Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 227.02kcal (11.35%), Fat: 6.01g (9.25%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 42.72g (15.53%), Sugar: 39.25g (43.61%), Cholesterol: 0mg (0%), Sodium: 235.2mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 56.67mg (68.69%), Manganese: 0.46mg (23.21%), Fiber: 3.1g (12.38%), Vitamin E: 1.44mg (9.62%), Folate: 36.85µg (9.21%), Vitamin A: 441.01IU (8.82%), Potassium: 237.58mg (6.79%), Vitamin K: 6.63µg (6.32%), Vitamin B6: 0.1mg (5.1%), Iron: 0.86mg (4.77%), Magnesium: 18.94mg (4.73%), Phosphorus: 44.66mg (4.47%), Copper: 0.09mg (4.26%), Vitamin B3: 0.68mg (3.38%), Vitamin B2: 0.06mg (3.26%), Vitamin B1: 0.05mg (3.07%), Calcium: 26.84mg (2.68%), Selenium: 1.69µg (2.42%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.29mg (1.95%)