



Strawberry Fields Forever Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 teaspoon mustard dry
- ☐ 8 cups salad greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 cup onion red thinly sliced
- ☐ 6 servings salt and pepper

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6 large strawberries hulled sliced

Equipment

☐

bowl

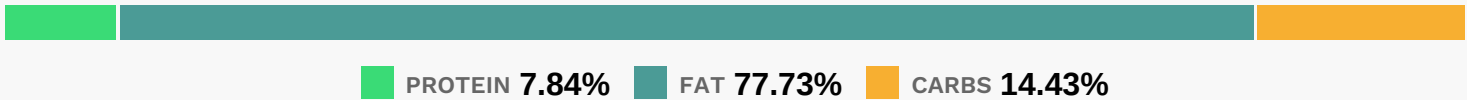
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whisk

Directions

- ☐ In a small bowl, whisk together olive oil, vinegar, and dry mustard.
- ☐ Add salt and pepper to taste.
- ☐ In a large bowl, combine salad greens, strawberries, pecans, and red onion. Toss with dressing. Top with blue cheese and serve.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:8.0613042945447%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 205.89kcal (10.29%), Fat: 18.32g (28.19%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.2g (2.25%), Sugar: 3.58g (3.98%), Cholesterol: 8.44mg (2.81%), Sodium: 340.2mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 28.84mg (34.96%), Manganese: 0.58mg (29%), Vitamin A: 699.72IU (13.99%), Vitamin E: 1.52mg (10.16%), Phosphorus: 98.31mg (9.83%), Folate: 33.48µg (8.37%), Calcium: 81.26mg (8.13%), Copper: 0.15mg (7.46%), Vitamin K: 6.6µg (6.29%), Potassium: 218.05mg (6.23%), Magnesium: 24.2mg (6.05%), Fiber: 1.46g (5.82%), Zinc: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.6%), Vitamin B2: 0.09mg (5.2%), Vitamin B6: 0.1mg (4.98%), Iron: 0.84mg (4.67%), Vitamin B5: 0.37mg (3.72%), Selenium: 2.47µg (3.53%), Vitamin B3: 0.62mg (3.1%), Vitamin B12: 0.14µg (2.29%)