



Strawberry Fields Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 large nectarines cut into 1/4-inch-thick wedges
- ☐ 3.5 oz roasted glazed pecan pieces
- ☐ 0.8 cup lemon-poppy seed dressing
- ☐ 10 oz gourmet salad greens mixed
- ☐ 2 cups strawberries fresh sliced
- ☐ 1 large tomatoes green diced

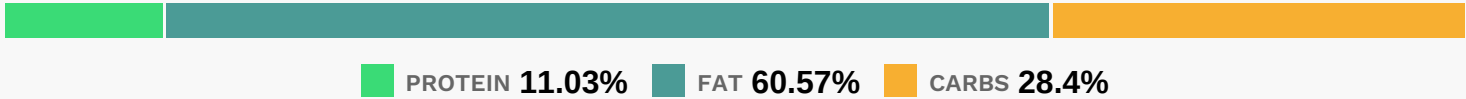
Equipment

☐ bowl

Directions

- ☐ Toss nectarines with 1/4 cup Lemon–Poppy Seed Dressing.
- ☐ Layer gourmet mixed salad greens, nectarines, strawberries, and next 4 ingredients in a large glass bowl.
- ☐ Serve immediately, or cover and chill up to 8 hours. Toss salad with remaining 1/2 cup dressing just before serving.
- ☐ *1 1/2 cups halved miniature heirloom green tomatoes may be substituted.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:16.103478063708%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.67kcal (11.28%), Fat: 16.28g (25.05%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 11.99g (4.36%), Sugar: 9.6g (10.67%), Cholesterol: 12.62mg (4.21%), Sodium: 186.76mg (8.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Manganese: 1.46mg (73.2%), Vitamin C: 37.47mg (45.42%), Calcium: 230.92mg (23.09%), Copper: 0.43mg (21.56%), Phosphorus: 213.64mg (21.36%), Fiber: 5.18g (20.73%), Vitamin A: 957.79IU (19.16%), Magnesium: 69.07mg (17.27%), Vitamin B1: 0.24mg (16.25%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.2mg (11.89%), Iron: 2.09mg (11.61%), Potassium: 396.09mg (11.32%), Folate: 44.45µg (11.11%), Vitamin K: 11.56µg (11.01%), Vitamin B6: 0.19mg (9.74%), Vitamin B3: 1.7mg (8.52%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.62mg (6.23%), Selenium: 4.24µg (6.06%), Vitamin B12: 0.24µg (3.99%)