



Strawberry-Kiwi-Spinach Toss

 **Gluten Free**

READY IN



15 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- 10 cups pkt spinach fresh
- 1 pint strawberries cut in half (2 cups)
- 6 kiwi fruit cut into bite-size pieces (2 cups)
- 0.7 cup pecans
- 4 oz edam cheese
- 0.3 cup juice of lime
- 0.3 cup honey
- 2 tablespoons vegetable oil

1 teaspoon ground ginger grated

Equipment

bowl

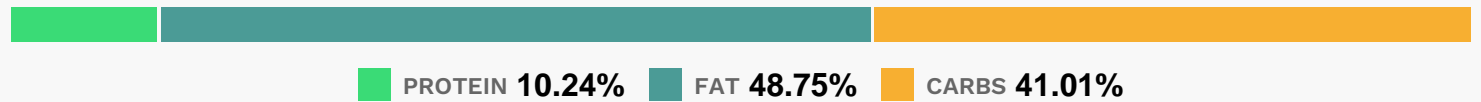
Directions

In large bowl, mix spinach, strawberries, kiwifruit, pecans and cheese.

In tightly covered container, shake all remaining ingredients until smooth.

Pour over salad; toss to mix.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:6.74, Inflammation Score:-9, Nutrition Score:17.460869460002%

Flavonoids

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Nutrients (% of daily need)

Calories: 159.82kcal (7.99%), Fat: 9.28g (14.28%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.28g (5.19%), Sugar: 12.37g (13.74%), Cholesterol: 8.41mg (2.8%), Sodium: 114.04mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin K: 144.56µg (137.68%), Vitamin C:

65.81mg (79.77%), Vitamin A: 2472.18IU (49.44%), Manganese: 0.73mg (36.58%), Folate: 73.18µg (18.3%), Fiber: 3.29g (13.16%), Calcium: 121.23mg (12.12%), Magnesium: 42.55mg (10.64%), Phosphorus: 104.34mg (10.43%), Vitamin E: 1.51mg (10.06%), Potassium: 342.01mg (9.77%), Copper: 0.19mg (9.33%), Vitamin B2: 0.11mg (6.76%), Iron: 1.2mg (6.65%), Vitamin B6: 0.12mg (5.92%), Zinc: 0.88mg (5.87%), Vitamin B1: 0.08mg (5.49%), Selenium: 2.23µg (3.19%), Vitamin B3: 0.61mg (3.03%), Vitamin B12: 0.15µg (2.43%), Vitamin B5: 0.23mg (2.35%)