



## Strawberry Mango Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz strawberry yogurt fat free
- 0.5 cup strawberries fresh
- 0.3 teaspoon poppy seeds
- 6 cups the salad mixed
- 1.5 cups strawberries fresh halved sliced
- 1 cup textured vegetable protein
- 0.3 cup onion red separated thinly sliced
- 0.5 cup cashew pieces toasted

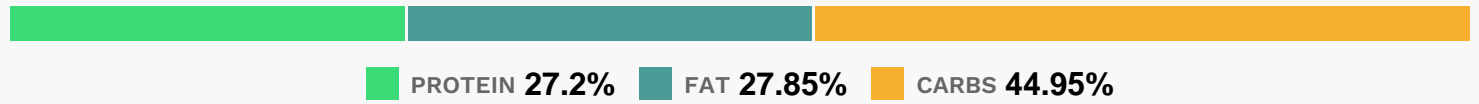
# Equipment

blender

# Directions

- In blender, place dressing ingredients. Cover; blend on high speed about 15 seconds or until smooth.
- On 4 salad plates, arrange salad greens, strawberries, mango and red onion.
- Pour dressing over salads; sprinkle with pecans.

# Nutrition Facts



# Properties

Glycemic Index:34.3, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:13.660869619121%

# Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 244.81kcal (12.24%), Fat: 7.8g (12%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 22.28g (8.1%), Sugar: 15.02g (16.69%), Cholesterol: 3.83mg (1.28%), Sodium: 44.01mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.27%), Vitamin C: 57.08mg (69.19%), Manganese:

0.66mg (32.92%), Iron: 4.35mg (24.17%), Fiber: 6.04g (24.16%), Copper: 0.43mg (21.27%), Phosphorus: 174mg (17.4%), Magnesium: 64.7mg (16.17%), Calcium: 150.61mg (15.06%), Vitamin A: 703.62IU (14.07%), Potassium: 411mg (11.74%), Folate: 45.56µg (11.39%), Vitamin B6: 0.16mg (8.08%), Zinc: 1.19mg (7.94%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.11mg (7.31%), Vitamin K: 7.12µg (6.78%), Selenium: 3.81µg (5.45%), Vitamin B3: 0.79mg (3.96%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.36mg (2.39%)