



Strawberry-Melon-Spinach Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup orange juice
- 0.3 cup honey
- 2 tablespoons vegetable oil
- 2 teaspoons dijon mustard
- 12 cups pkt spinach
- 2 cups strawberries sliced
- 2 cups cantaloupe cubed
- 6 tablespoons spring onion sliced

Equipment

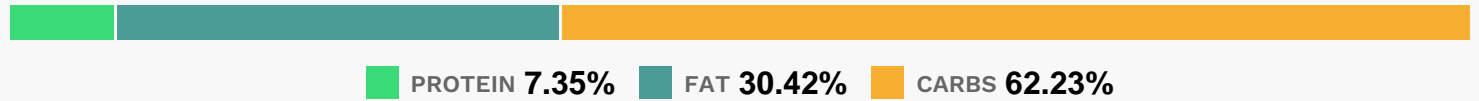
bowl

Directions

In tightly covered container, shake all dressing ingredients.

In very large bowl, toss all salad ingredients with dressing.

Nutrition Facts



Properties

Glycemic Index:19.24, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:11.24913051854%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 51.71kcal (2.59%), Fat: 1.91g (2.94%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 7.68g (2.79%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 31.44mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 117.41µg (111.82%), Vitamin A: 2819.01IU (56.38%), Vitamin C: 21.48mg (26.03%), Manganese: 0.29mg (14.52%), Folate: 53.52µg (13.38%), Magnesium: 24mg (6%), Potassium: 202.14mg (5.78%), Iron: 0.83mg (4.63%), Vitamin E: 0.67mg (4.49%), Fiber: 1.12g (4.47%), Vitamin B2:

0.06mg (3.37%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (3.04%), Calcium: 29.71mg (2.97%), Vitamin B1: 0.04mg (2.51%), Phosphorus: 21.12mg (2.11%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.26mg (1.73%), Selenium: 0.91µg (1.3%)