



 **12%**
HEALTH SCORE

Strawberry Pretzel Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arugula
- 0.5 avocado cubed
- 6 slices bacon
- 3 tablespoons balsamic vinegar
- 0.3 cucumber halved sliced
- 0.3 cup flax seed oil
- 2 cups the salad mixed
- 4 servings bell pepper

- 4 servings bell pepper
- 0.5 cup pretzels crushed
- 4 servings salt
- 0.5 cup strawberries sliced
- 2 tablespoons coarse mustard whole

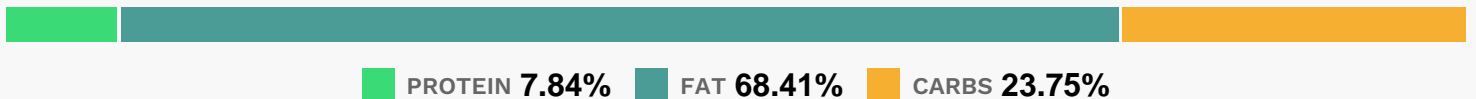
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 300. Arrange bacon on a baking sheet lined with tin foil.
- Bake for thirty minutes turning once. Set aside and let cool. In a small bowl combine flax seed oil, balsamic vinegar, whole grain mustard, and salt and pepper. Set aside.
- Place strawberries, cucumber, mixed greens, arugula and bacon in a large salad bowl and toss lightly to combine.
- Add the dressing and toss to coat. Divide the salad amongst four plates and serve topped with avocado and crushed pretzels.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:9.98, Inflammation Score:-9, Nutrition Score:22.781304347826%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg 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

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Taste

Sweetness: 43.63%, Saltiness: 82.95%, Sourness: 14.93%, Bitterness: 16.5%, Savoriness: 53.62%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 402.99kcal (20.15%), Fat: 31.54g (48.52%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 18.6g (6.76%), Sugar: 9.79g (10.87%), Cholesterol: 21.78mg (7.26%), Sodium: 636.33mg (27.67%), Protein: 8.13g (16.26%), Vitamin C: 210.05mg (254.6%), Vitamin A: 5080.92IU (101.62%), Vitamin E: 5.55mg (37.02%), Vitamin B6: 0.64mg (31.81%), Folate: 126.71µg (31.68%), Fiber: 6.05g (24.18%), Manganese: 0.48mg (23.78%), Vitamin B3: 3.99mg (19.97%), Vitamin K: 20.17µg (19.21%), Potassium: 654.51mg (18.7%), Vitamin B1: 0.26mg (17.55%), Vitamin B2: 0.25mg (14.54%), Selenium: 10.06µg (14.37%), Phosphorus: 141.16mg (14.12%), Vitamin B5: 1.17mg (11.74%), Magnesium: 46.21mg (11.55%), Iron: 1.89mg (10.52%), Zinc: 1.21mg (8.05%), Copper: 0.15mg (7.35%), Calcium: 41.99mg (4.2%), Vitamin B12: 0.17µg (2.75%)