



 **60%**
HEALTH SCORE

Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



15

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup caramelized almonds
- 30 oz mandarin orange segments drained canned
- 1 cup poppy seed dressing
- 1 medium onion red sliced
- 20 oz torn romaine lettuce
- 4 cups strawberries sliced

Equipment

- bowl

Directions

- Toss lettuce with oranges, strawberries and onion in large bowl.
- Sprinkle with Caramelized Almonds.
- Add Poppy Seed Dressing; mix lightly.
- Serve immediately.

Nutrition Facts

PROTEIN 12.32% **FAT 48.51%** **CARBS 39.17%**

Properties

Glycemic Index:5.47, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:17.15000016793%

Flavonoids

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Nutrients (% of daily need)

Calories: 133.39kcal (6.67%), Fat: 7.79g (11.98%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 9.29g (3.38%), Sugar: 7.93g (8.81%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin A: 4041.07IU (80.82%), Vitamin C: 43.92mg (53.24%), Manganese: 0.88mg (44.06%), Vitamin K: 39.62µg (37.73%), Fiber: 4.86g (19.43%), Vitamin E: 2.81mg (18.7%), Folate: 74.51µg (18.63%), Magnesium: 66.13mg (16.53%), Calcium: 148.62mg (14.86%), Copper: 0.27mg (13.47%), Phosphorus: 132.77mg (13.28%), Vitamin B1: 0.17mg (11.08%), Potassium: 357.75mg (10.22%), Vitamin B2: 0.17mg

(9.92%), Iron: 1.7mg (9.43%), Zinc: 1.28mg (8.52%), Vitamin B6: 0.11mg (5.44%), Vitamin B3: 0.93mg (4.66%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.18mg (1.77%)