



HEALTH SCORE

85%

Strawberry Salad I



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup milk
- ☐ 0.5 cup pecans toasted
- ☐ 1 tablespoon poppy seeds
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 onion red sliced
- ☐ 1 head romaine lettuce
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.1 cup distilled vinegar white

☐ 0.3 cup sugar white

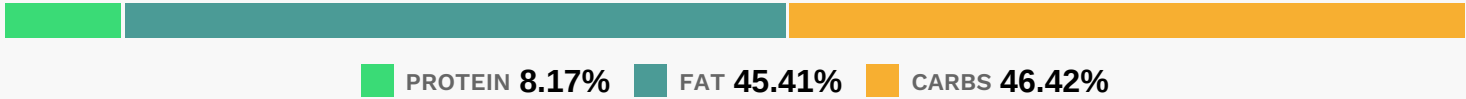
Equipment

☐ bowl

Directions

- ☐ In a small bowl, mix together salad dressing, milk, sugar, vinegar, and poppy seeds. Refrigerate until ready to use.
- ☐ Combine lettuce, onion, strawberries, pecans, and red bell pepper in a salad bowl. Toss with dressing.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:18.386521756649%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 134.72kcal (6.74%), Fat: 7.33g (11.27%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 12.81g (4.66%), Sugar: 12.24g (13.61%), Cholesterol: 1.22mg (0.41%), Sodium: 13.64mg (0.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin A: 9305.97IU (186.12%), Vitamin K: 108.13µg (102.98%), Folate: 155.3µg (38.82%), Manganese: 0.75mg (37.43%), Vitamin C: 27.02mg (32.75%), Fiber: 4.04g (16.17%), Potassium: 381.04mg (10.89%), Vitamin B1: 0.16mg (10.76%), Copper: 0.19mg (9.53%), Magnesium: 35.85mg (8.96%), Phosphorus: 87.72mg (8.77%), Iron: 1.52mg (8.43%), Calcium: 81.07mg (8.11%), Vitamin B6: 0.14mg (7.24%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.84mg (5.6%), Vitamin B5: 0.32mg (3.23%), Vitamin B3: 0.61mg (3.06%), Vitamin E: 0.45mg (3.02%), Selenium: 1.35µg (1.93%)