



Strawberry Salad with Poppy Seed Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons milk fat-free
- 3 tablespoons mayonnaise light
- 1 tablespoon poppy seeds
- 10 ounce romaine lettuce
- 2 tablespoons slivered almonds toasted
- 1 cup strawberries sliced
- 3 tablespoons sugar
- 1 tablespoon citrus champagne vinegar

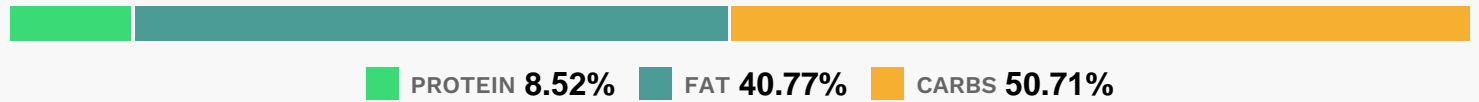
Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients in a small bowl, stirring with a whisk.
- Place lettuce in a large bowl; add strawberries and almonds, tossing to combine. Divide salad evenly among 6 plates.
- Drizzle 1 tablespoon dressing over each serving.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:4.85, Inflammation Score:-10, Nutrition Score:11.178695511559%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg 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: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 84.82kcal (4.24%), Fat: 4.08g (6.27%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 9.23g (3.36%), Sugar: 8.42g (9.35%), Cholesterol: 1.27mg (0.42%), Sodium: 64.64mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin A: 4133.42IU (82.67%), Vitamin K: 52.72µg (50.21%), Vitamin C: 16.03mg (19.43%), Folate: 73.1µg (18.27%), Manganese: 0.34mg (17.23%), Fiber: 2.18g (8.73%), Vitamin E: 1.16mg (7.76%), Magnesium: 24.78mg (6.19%), Potassium: 200.26mg (5.72%), Calcium: 57.2mg (5.72%), Phosphorus: 55.62mg (5.56%), Vitamin B2: 0.08mg (4.95%), Copper: 0.09mg (4.75%), Iron: 0.85mg (4.73%), Vitamin B1: 0.06mg (4.19%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.38mg (1.91%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.94µg (1.35%)