



Strawberry Salad with Poppy Seed Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 3 tablespoons champagne vinegar
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 cup feta cheese crumbled
- ☐ 10 ounce the salad mixed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon poppy seeds
- ☐ 0.3 teaspoon salt

- ☐ 2 cups strawberries quartered
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons onion sweet such as maui grated

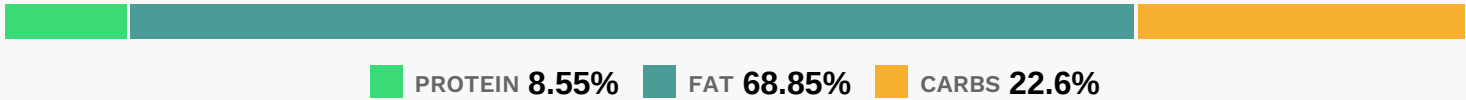
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, vinegar, salt, mustard, onion, sugar, and poppy seeds in a medium bowl until blended.
- ☐ Add remaining ingredients except for feta and toss to coat.
- ☐ Sprinkle with feta.

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:4.09, Inflammation Score:-6, Nutrition Score:9.8130434220252%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 200.77kcal (10.04%), Fat: 15.93g (24.5%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 11.77g (3.92%),
Net Carbohydrates: 9.7g (3.53%), Sugar: 6.86g (7.62%), Cholesterol: 11.13mg (3.71%), Sodium: 258.04mg (11.22%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin C: 39.39mg (47.75%), Manganese:
0.48mg (23.75%), Vitamin E: 3.43mg (22.88%), Vitamin B2: 0.23mg (13.49%), Vitamin A: 595.67IU (11.91%),
Phosphorus: 115.25mg (11.52%), Calcium: 104.83mg (10.48%), Folate: 37.58µg (9.4%), Magnesium: 37.05mg (9.26%),
Fiber: 2.06g (8.26%), Copper: 0.14mg (7.05%), Potassium: 229.96mg (6.57%), Vitamin B6: 0.13mg (6.49%), Vitamin
K: 6.72µg (6.4%), Iron: 1.01mg (5.62%), Zinc: 0.81mg (5.43%), Vitamin B1: 0.07mg (4.47%), Vitamin B3: 0.86mg
(4.29%), Selenium: 2.82µg (4.03%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.28mg (2.8%)