



## Strawberry Salad with Shallot-Honey Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon thyme sprigs fresh chopped
- 2 tablespoons honey
- 0.3 cup juice of lemon
- 16 ounce the salad mixed
- 2 tablespoons olive oil
- 0.3 teaspoon pepper red
- 1 pinch salt

- 1 tablespoon shallots minced
- 1 cup slivered almonds
- 0.5 pint strawberries quartered
- 2 tablespoons vegetable oil
- 2 tablespoons granulated sugar white

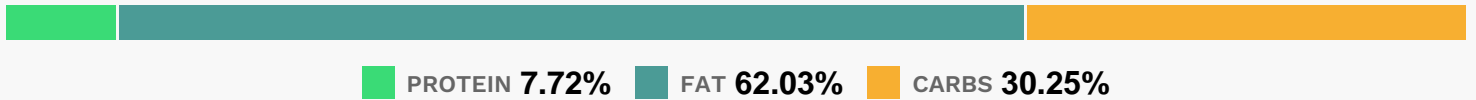
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Combine the lemon juice, honey, shallot, thyme, salt, and red pepper flakes together in a bowl; vigorously whisk the olive oil and vegetable oil into the lemon juice mixture. Set aside.
- Place a small skillet over medium-high heat; toss the almonds, sugar, and salt together in the hot skillet until the sugar caramelizes on the almonds, 2 to 3 minutes.
- Remove from heat immediately.
- Place the salad mix in a large bowl.
- Drizzle the dressing over the salad mix and toss to coat. Top with the almonds and strawberries to serve.

## Nutrition Facts



## Properties

Glycemic Index:61.84, Glycemic Load:10.42, Inflammation Score:-9, Nutrition Score:18.992608775263%

## Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg

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## Nutrients (% of daily need)

Calories: 376.43kcal (18.82%), Fat: 27.61g (42.48%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 25.49g (9.27%), Sugar: 19.27g (21.41%), Cholesterol: 0mg (0%), Sodium: 43.2mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin C: 68.04mg (82.48%), Vitamin E: 8.72mg (58.13%), Manganese: 1.04mg (52.02%), Vitamin A: 1357.4IU (27.15%), Magnesium: 95.7mg (23.92%), Vitamin B2: 0.39mg (22.88%), Fiber: 4.82g (19.27%), Phosphorus: 192.34mg (19.23%), Copper: 0.38mg (18.8%), Folate: 72.4µg (18.1%), Vitamin K: 18.17µg (17.31%), Potassium: 518.64mg (14.82%), Iron: 2.2mg (12.21%), Calcium: 101.88mg (10.19%), Vitamin B3: 1.88mg (9.42%), Vitamin B6: 0.18mg (8.9%), Zinc: 1.22mg (8.13%), Vitamin B1: 0.11mg (7.29%), Vitamin B5: 0.37mg (3.74%), Selenium: 1.99µg (2.84%)