Strawberry Spinach Salad With Feta and Bacon

Gluten Free

READY IN	SERVINGS	CALORIES
20 min.	6	514 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 10 ounce baby spinach leaves
- [ ] 2 ounce bacon bits
- [ ] 4 ounces feta cheese crumbled
- [ ] 1 quart strawberries fresh
- [ ] 1 small onion sweet sliced vidalia® (such as)
- [ ] 16 ounce raspberry vinaigrette salad dressing reduced-fat kraft® (such as Raspberry Vinaigrette Lite)

Equipment

- [ ] bowl

Directions

- [ ] Place spinach into a large salad bowl and slice strawberries over spinach; sprinkle with feta cheese, onion, and bacon bits.
- [ ] Pour raspberry dressing over salad and toss to coat.

Nutrition Facts

PROTEIN **6.42%** FAT **76.09%** CARBS **17.49%**

Properties

Glycemic Index:16.5, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:27.026087221892%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 513.5kcal (25.67%), Fat: 45.09g (69.37%), Saturated Fat: 9.83g (61.44%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 17.67g (6.42%), Sugar: 12.57g (13.97%), Cholesterol: 16.82mg (5.61%), Sodium: 426.79mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Vitamin K: 306.88µg (292.27%), Vitamin C: 108.85mg (131.94%), Vitamin A: 4529.79IU (90.6%), Manganese: 1.08mg (53.99%), Folate: 160.26µg (40.06%), Vitamin E: 5.6mg (37.33%), Fiber: 5.65g (22.62%), Magnesium: 75.36mg (18.84%), Calcium: 185.77mg (18.58%),

Vitamin B2: 0.3mg (17.72%), Potassium: 602.09mg (17.2%), Vitamin B6: 0.33mg (16.28%), Phosphorus: 160.1mg (16.01%), Iron: 2.26mg (12.56%), Vitamin B1: 0.18mg (12.21%), Copper: 0.22mg (11.25%), Selenium: 6.12µg (8.75%), Zinc: 1.26mg (8.43%), Vitamin B12: 0.43µg (7.21%), Vitamin B3: 1.36mg (6.81%), Vitamin B5: 0.46mg (4.65%)