



## Strawberry Vinaigrette Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup green onions sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 4 cups salad greens mixed
- ☐ 0.3 cup crisco® olive oil pure
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 cup smucker's® orchard's pacific mountain strawberry preserves

# Equipment

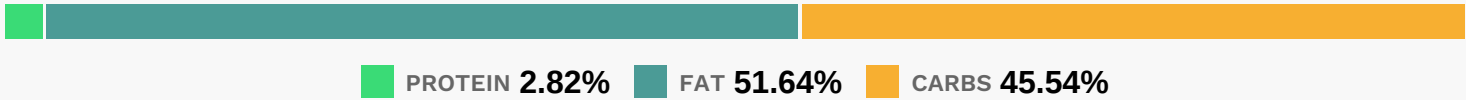
☐

whisk

# Directions

- ☐ Whisk together preserves, vinegar, oil and lemon juice.
- ☐ Divide lettuce on salad plates.
- ☐ Layer with almonds, green onions and blue cheese.
- ☐ Drizzle with vinaigrette.
- ☐ Garnish with grated lemon peel.

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:8, Inflammation Score:-3, Nutrition Score:3.2373912917531%

# Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

# Nutrients (% of daily need)

Calories: 141.15kcal (7.06%), Fat: 8.22g (12.65%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.56g (5.66%), Sugar: 10.55g (11.72%), Cholesterol: 0mg (0%), Sodium: 13.16mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin E: 1.75mg (11.69%), Vitamin C: 8.34mg (10.1%), Vitamin K: 10.53µg (10.03%), Manganese: 0.11mg (5.56%), Vitamin A: 258.8IU (5.18%), Vitamin B2: 0.06mg (3.65%), Folate: 13.23µg (3.31%), Copper: 0.06mg (3.24%), Fiber: 0.76g (3.02%), Magnesium: 11.81mg (2.95%), Phosphorus: 27.41mg (2.74%), Iron: 0.45mg (2.51%), Potassium: 84.57mg (2.42%), Calcium: 18.28mg (1.83%), Vitamin B6: 0.03mg

(1.38%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.17%), Zinc: 0.16mg (1.07%)