



Sweet Balsamic & Strawberry Salad

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

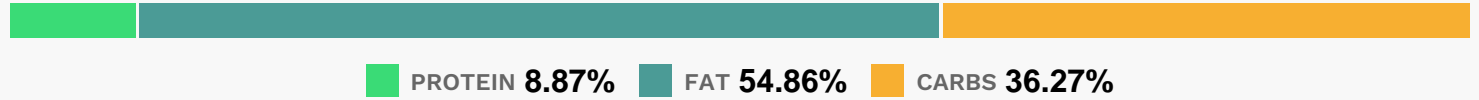
- 2 Tbsp balsamic vinaigrette dressing sweet kraft
- 1 Tbsp croutons
- 1 Tbsp parmesan cheese shredded kraft
- 0.3 cup pepper strips yellow
- 1.5 cups torn salad greens mixed
- 0.3 cup strawberries fresh sliced

Equipment

Directions

- Combine all ingredients except dressing.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:8.14, Inflammation Score:-7, Nutrition Score:10.823478252344%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 220.93kcal (11.05%), Fat: 13.5g (20.76%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 18.26g (6.64%), Sugar: 2.8g (3.11%), Cholesterol: 3.4mg (1.13%), Sodium: 469.97mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 103.44mg (125.38%), Manganese: 0.35mg (17.28%), Vitamin A: 799.47IU (15.99%), Folate: 60.38µg (15.1%), Selenium: 7.16µg (10.23%), Phosphorus: 92.68mg (9.27%), Calcium: 91.09mg (9.11%), Vitamin B1: 0.13mg (8.74%), Vitamin B3: 1.62mg (8.09%), Iron: 1.34mg (7.45%), Potassium: 260.18mg (7.43%), Fiber: 1.81g (7.24%), Vitamin B6: 0.14mg (6.79%), Vitamin B2: 0.1mg (6.12%), Copper: 0.11mg (5.64%), Magnesium: 22.53mg (5.63%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.27mg (2.66%)