SOFTWARE & TECH

Strada Goats Cheese Salad Calories

PUBLISHED
November 25, 2026

REFERENCE
#1795581683750272

Understanding the Strada Goats Cheese Salad: A Nutritional Deep Dive

When dining out at a popular chain like Strada, the menu can be a minefield of tempting options. For those mindful of their health, the salad section often seems like the safest harbor. Among the choices, the **Strada Goats Cheese Salad** stands out as a flavorful and seemingly virtuous pick. But what is the real story behind its calorie count? Is it as light as it tastes, or are there hidden nutritional surprises in that bed of greens? In this comprehensive guide, we will explore the **Strada Goats Cheese Salad calories**, break down its ingredients, discuss how it fits into various dietary plans, and offer practical tips for enjoying it without sabotaging your goals.

What Exactly is the Strada Goats Cheese Salad?

Before we dissect the numbers, it is essential to know what you are ordering. The Strada Goats Cheese Salad is a signature menu item that typically combines a base of mixed salad leaves with warm, crumbled goat cheese. The cheese is often baked or grilled, giving it a creamy, tangy center with a slightly crisp exterior. This is paired with roasted vegetables—commonly beetroot and butternut squash—which add natural sweetness and color. The ensemble is finished with a scattering of candied walnuts or pecans for crunch, and often a drizzle of balsamic glaze or a honey-based dressing. The result is a balanced medley of sweet, savory, and tangy flavors.

Calories Breakdown: How Many Are in a Strada Goats Cheese Salad?

The exact **calories in Strada Goats Cheese Salad** can vary slightly depending on the specific preparation at your local restaurant and any customizations you request. However, based on standard nutritional information provided by the chain and consistency across similar menu items, a full-sized portion (starter or main) generally falls within the range of **550 to 750 calories**. This places it squarely in the middle of the pack for restaurant salads—neither a diet trap nor a minimal-calorie choice.

To give you a clearer picture, here is a typical nutritional profile for a standard serving (values are approximate):

- Calories: 580–650 kcal
- Total Fat: 38–45 g
- Saturated Fat: 12–16 g
- Carbohydrates: 40–50 g
- Sugars (natural and added): 20–28 g
- Protein: 18–22 g
- Fiber: 6–8 g
- Sodium: 800–1100 mg

It is important to note that these numbers often include the full dressing that comes with the salad. If you opt for a half portion or share it as a starter, the calories will be proportionally lower.

Why the Calorie Range is So Broad

Several factors influence the final calorie count of your **Strada goat cheese salad**:

1. Portion Size: Strada offers the salad as both a starter (smaller) and a main course (larger). The main is typically 30–50% bigger.
2. Dressing Control: The dressing—often a balsamic reduction or a honey-mustard vinaigrette—can add 100–200 calories alone. Ask for it on the side to manage the amount.
3. Toppings: Candied nuts are a significant source of calories and sugar. If the kitchen is generous with them, the count rises.
4. Cheese Quantity: Goat cheese is calorie-dense (about 100 calories per ounce). A generous crumbling can quickly add 250+ calories.
5. Roasted Vegetables: While healthy, roasted veggies tossed in olive oil contribute additional fat and calories.

Ingredients Deep Dive: Where Do the Calories Come From?

To truly understand the **Strada Goats Cheese Salad nutrition**, we need to examine each component individually.

Goat Cheese

Goat cheese is the star of the show. It is rich, creamy, and packed with flavor. While it offers beneficial nutrients like calcium, protein, and healthy fats, it is also relatively high in calories and saturated fat. A typical 2-ounce serving (about 56 grams) of soft goat cheese contains roughly 150–170 calories and 12 grams of fat. In a restaurant serving, you may get more than that.

Mixed Greens and Vegetables

The base of mixed leaves—rocket, spinach, lamb's lettuce, etc.—is very low in calories, contributing perhaps 10–15 calories total. The roasted beetroot and butternut squash are more calorie-dense due to their natural sugars and added oil during roasting. Together, the vegetables might add 100–150 calories, but they also bring vital fiber, vitamins (A, C, K), and antioxidants.

Candied Nuts

Walnuts or pecans are often coated in sugar and lightly toasted before being added to the salad. A quarter-cup of candied walnuts can have about 150 calories and 10 grams of fat, with most of that being healthy unsaturated fat, but they are energy-dense. They also contribute to the salad's glycemic load.

Dressing

The dressing is the single biggest variable. A standard balsamic vinaigrette or honey glaze can run 100–200 calories per 2-tablespoon serving. Some preparations may use a creamy goat cheese dressing, which pushes the fat and calorie content even higher.

How Does This Salad Compare to Other Strada Options?

To give you context, here is how the **Strada Goats Cheese Salad**stacks up against other popular menu items from the same restaurant:

- Strada Caesar Salad (with chicken): Approximately 650–700 calories. Very similar in calorie count, but higher in saturated fat due to parmesan and traditional Caesar dressing.
- Strada Classic Insalata (side salad): Around 150–200 calories. A much lighter option, but missing the protein and satiety of the goat cheese salad.
- Strada Pizza (Margherita): A typical 11-inch pizza rings in at 800–1000+ calories. The goat cheese salad is clearly a lower-calorie choice compared to pizza or pasta dishes.

- Strada Spaghetti Bolognese: Approximately 850–950 calories. The salad is about 30% lower in calories.

Thus, while the goat cheese salad is not a super-low-calorie meal, it is a sensible choice compared to the heavier pasta and pizza options. It also offers higher nutritional density thanks to the vegetables, fiber, and quality protein.

Health Benefits Beyond the Calories

Counting **Strada goat cheese salad calories**is important, but calories are not the whole picture. This salad offers several notable health benefits:

Rich in Protein

With 18–22 grams of protein, this salad provides a solid foundation for muscle repair and satiety. Protein helps stabilize blood sugar levels and keeps you full longer, which can prevent overeating later in the day.

Good Source of Fiber

The mix of leafy greens, vegetables, and nuts provides about 6–8 grams of fiber. That is roughly 20–30% of the daily recommended intake. Fiber aids digestion, supports heart health, and helps manage cholesterol.

Vitamins and Antioxidants

Beetroot is rich in nitrates, which may support blood flow and athletic performance. Butternut squash provides beta-carotene (for eye health), and goat cheese offers calcium and vitamin A. The nuts supply vitamin E and healthy omega-3 fatty acids.

Probiotic Potential

Goat cheese, especially when made from raw or cultured milk, can contain beneficial probiotics that support gut health. This is a bonus that many other salads lack.

Practical Tips for Enjoying the Salad Without Overdoing It

If you are watching your waistline but still crave the **Strada Goats Cheese Salad**, here are actionable strategies to keep your meal balanced:

- Request dressing on the side. Dip your fork into the dressing before each bite instead of pouring it all over. This can slash 50–100 calories.
- Ask for half the nuts or skip them entirely. The candied nuts are a major calorie contributor. If the salad is already sweet from the balsamic glaze and roasted vegetables, you may not miss them.
- Opt for the starter portion. If you are not extremely hungry, the smaller size provides ample flavor and nutrients for around 350–400 calories. Pair it with a cup of broth-based soup or a side of grilled vegetables if needed.
- Swap the dressing. Ask if they have a simple vinaigrette (oil and vinegar) or a lemon juice option instead of a creamy or sweet dressing. This can cut calories and added sugar.
- Add extra protein. If you find the salad not filling enough, consider adding grilled chicken or prawns. This will increase the calorie count by about 150–200, but it also boosts protein and satiety, potentially preventing later snacking.
- Be mindful of the bread. Many Strada salads come with a slice of bread or breadstick on the side. Ask to skip it or take it home.

How It Fits Into Various Eating Plans

Low-Carb / Keto Diet

The **Strada goat cheese salad**is moderately low in carbohydrates, with around 40–50 grams of carbs.

However, the candied nuts and balsamic glaze contribute significant sugars. For a keto diet (typically under 20–30g net carbs per day), you would need to request modifications: no nuts, no dressing, and maybe skip the butternut squash. The goat cheese and greens alone are keto-friendly. With adjustments, the salad can be a good option.

Vegetarian Diet

This salad is naturally vegetarian and packed with plant-based ingredients. It is an excellent choice for vegetarians looking for a satisfying, protein-rich meal without meat. Just confirm that the cheese is made with vegetarian rennet (most goat cheese is).

Weight Loss / Calorie-Controlled Diet

If you are on a 1500-calorie per day plan, a main-sized goat cheese salad (600–650 calories) can comfortably fit as lunch or dinner. It provides a good balance of macronutrients and will keep you satisfied. However, be cautious of the sodium content (often over 800 mg) which can cause water retention—pair with plenty of water.

Gluten-Free Diet

Strada's goat cheese salad is typically gluten-free, but always confirm with the restaurant, as the candied nuts or dressings might contain gluten-based thickeners. Ask the staff to omit any croutons if they are included.

Frequently Asked Questions About Strada Goats Cheese Salad Calories

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