



15-minute mix & match salad

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cabbage red
- 2 celery stalks with their leaves
- 175 g brussels sprout trimmed
- 1 red-skinned eating apple with the skin left on cored
- 2 carrots peeled
- 175 g nut mixed such as brazils, walnuts and roasted cashews
- 100 g coarsely stilton cheese
- 6 tbsp unrefined sunflower oil light

- 4 tbsp cranberry sauce
- 5 tbsp orange juice fresh

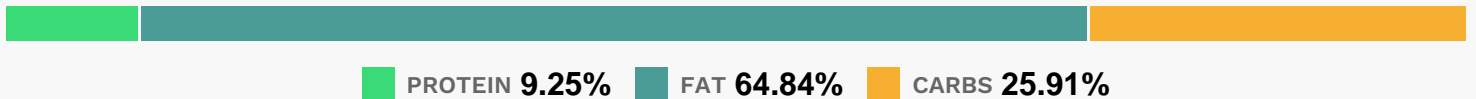
Equipment

- food processor
- bowl

Directions

- Fit your food processor with the slicing blade.
- Cut the hard white core from the cabbage, then shred the leaves and slice the celery, sprouts and apple in the processor. With the grating attachment, grate the carrots. Roughly chop the nuts, either in the processor or by hand.
- In a small bowl, mix the oil with the cranberry sauce. It will look quite cloudy and thick, but dont worry add the orange juice next and it will all thin out into a fruity dressing.
- Tip all the chopped veg and nuts into a big bowl, pour in the dressing and toss together. (The salad will keep in a covered container for up to a day in the fridge.) Season and serve with stilton crumbled over the top.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:33.333478391171%

Flavonoids

Cyanidin: 220.79mg, Cyanidin: 220.79mg, Cyanidin: 220.79mg, Cyanidin: 220.79mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg Apigenin:

0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 646.2kcal (32.31%), Fat: 48.99g (75.37%), Saturated Fat: 11.66g (72.87%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 36.7g (13.35%), Sugar: 20.06g (22.28%), Cholesterol: 18.75mg (6.25%), Sodium: 358.24mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.44%), Vitamin K: 151.77µg (144.54%), Vitamin A: 6868.71IU (137.37%), Vitamin C: 111.7mg (135.39%), Copper: 1.07mg (53.48%), Manganese: 0.84mg (41.97%), Phosphorus: 393.15mg (39.31%), Magnesium: 155.13mg (38.78%), Vitamin E: 4.43mg (29.51%), Fiber: 7.36g (29.45%), Vitamin B6: 0.54mg (27.07%), Potassium: 934.62mg (26.7%), Iron: 4.53mg (25.14%), Folate: 99.16µg (24.79%), Zinc: 3.64mg (24.26%), Calcium: 233.85mg (23.38%), Vitamin B2: 0.33mg (19.7%), Vitamin B1: 0.27mg (18.16%), Selenium: 10.19µg (14.56%), Vitamin B5: 1.41mg (14.1%), Vitamin B3: 2.08mg (10.4%), Vitamin B12: 0.31µg (5.08%)