

Apple Almond Crunch Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup feta cheese crumbled
- 0.3 cup golden raisins
- 10 ounce the salad mixed
- 0.3 cup onion red sliced
- 0.5 cup slivered almonds
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when cored chopped
- 1 cup balsamic vinaigrette salad dressing

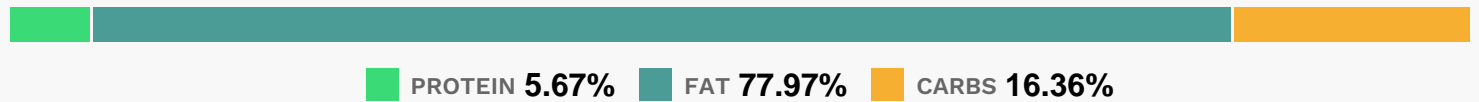
Equipment

bowl

Directions

In a large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion and raisins. Toss to blend. Apply salad dressing to individual servings.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:3.7, Inflammation Score:-6, Nutrition Score:9.62739144589599

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 28.16g (43.32%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 11.31g (4.11%), Sugar: 7.46g (8.29%), Cholesterol: 11.13mg (3.71%), Sodium: 156.49mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin K: 42.09µg (40.08%), Vitamin E: 4.29mg (28.62%), Manganese: 0.31mg (15.66%), Vitamin C: 12.61mg (15.28%), Vitamin B2: 0.25mg (14.73%), Vitamin A: 600.97IU (12.02%), Phosphorus: 115.02mg (11.5%), Calcium: 97.96mg (9.8%), Magnesium: 35.7mg (8.92%), Fiber: 1.98g (7.92%), Copper: 0.15mg (7.52%), Vitamin B6: 0.14mg (6.96%), Folate: 27.52µg (6.88%), Potassium: 235.42mg (6.73%), Zinc: 0.78mg (5.19%), Iron: 0.86mg (4.78%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.81mg (4.03%), Vitamin B1: 0.06mg (3.93%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.25mg (2.49%)