



Apple-Almond Tossed Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



12

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups the of 1 cos lettuce
- 0.3 cup apricot dried diced
- 0.3 cup toffee candies sliced
- 1 apples cored cubed unpeeled
- 0.3 cup spring onion sliced
- 0.3 cup orange marmalade
- 2 tablespoons olive oil
- 1 tablespoon juice of lemon

Equipment

bowl

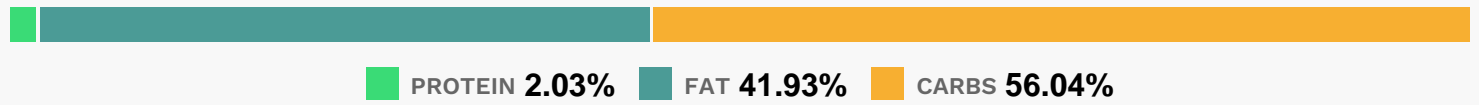
Directions

In large bowl, mix lettuce, apricots, almonds, apple and onions.

In small bowl, mix marmalade, oil and lemon juice until well blended.

Drizzle over salad; toss to mix.

Nutrition Facts



Properties

Glycemic Index:12.37, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:3.7695652687031%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 82.65kcal (4.13%), Fat: 4.04g (6.22%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.16g (4.06%), Sugar: 10.42g (11.58%), Cholesterol: 5.13mg (1.71%), Sodium: 12.46mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin A: 1552.13IU (31.04%), Vitamin K: 22.33µg (21.27%), Folate: 24.31µg (6.08%), Fiber: 1g (3.98%), Vitamin E: 0.56mg (3.76%), Vitamin C: 2.56mg (3.1%), Potassium: 98.38mg (2.81%), Manganese: 0.04mg (2.04%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.37%), Calcium: 13.38mg (1.34%), Vitamin B6: 0.03mg (1.26%), Magnesium: 4.64mg (1.16%), Vitamin B1: 0.02mg (1.1%), Phosphorus: 11.01mg (1.1%)