



## Apple-and-Gorgonzola Salad With Maple Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup gorgonzola cheese crumbled
- 2 tablespoons juice of lime
- 0.3 cup maple syrup
- 2 tablespoons pecans chopped
- 2 large delicious apples red sliced
- 8 cups bagged prewashed european salad greens mixed

- 0.3 teaspoon salt
- 2 tablespoons vegetable oil

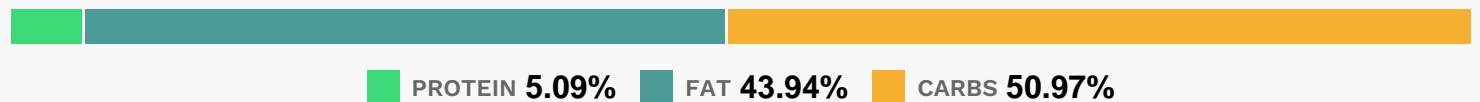
## Equipment

- bowl
- whisk

## Directions

- Combine first 5 ingredients (through pepper), stirring well with a whisk.
- Combine greens and apple in a large bowl.
- Drizzle with dressing; toss gently to coat.
- Sprinkle salad with Gorgonzola cheese and pecans.

## Nutrition Facts



## Properties

Glycemic Index:22.92, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:6.7569565293582%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.62mg, Epicatechin: 5.62mg, Epicatechin: 5.62mg, Epicatechin: 5.62mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 164.6kcal (8.23%), Fat: 8.45g (13.01%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 19.92g (7.24%), Sugar: 16.01g (17.79%), Cholesterol: 3.53mg (1.18%), Sodium: 166.98mg (7.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Manganese: 0.58mg (28.76%), Vitamin C: 17.33mg (21.01%), Vitamin B2: 0.24mg (14.09%), Vitamin A: 686.75IU (13.74%), Vitamin K: 10.37µg (9.87%), Fiber: 2.15g (8.58%), Potassium: 234.15mg (6.69%), Folate: 24.91µg (6.23%), Phosphorus: 57.26mg (5.73%), Calcium: 54.34mg (5.43%), Copper: 0.09mg (4.56%), Magnesium: 18.06mg (4.52%), Vitamin B6: 0.09mg (4.51%), Vitamin B1: 0.06mg (4.15%), Vitamin E: 0.57mg (3.83%), Zinc: 0.52mg (3.45%), Iron: 0.55mg (3.07%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.23mg (2.27%), Selenium: 1.03µg (1.47%)