



## Apple, Cheese and Toasted Walnut Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup vegetable oil
- 0.3 cup sugar
- 3 tablespoons citrus champagne vinegar
- 1 tablespoon onion red finely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon celery seed
- 10 cups the of 1 cos lettuce

- 4 cups the salad mixed (from 10-oz bag)
- 4 oz gorgonzola blue
- 1 cup walnut halves toasted
- 2 apples red cut into bite-size pieces

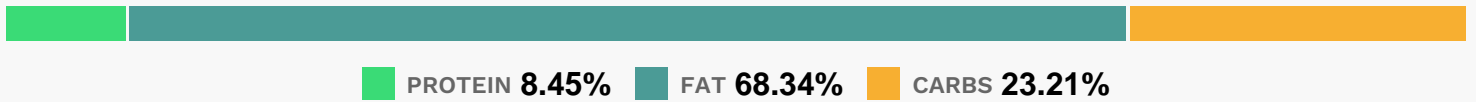
## Equipment

- bowl
- whisk

## Directions

- In medium bowl, mix dressing ingredients with wire whisk until sugar is dissolved (dressing will be thick); set aside.
- In very large bowl (at least 4 quart), gently mix salad ingredients. Just before serving, pour dressing over salad; toss to coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.61, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:13.586521651434%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 231.47kcal (11.57%), Fat: 18.43g (28.35%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 11.41g (4.15%), Sugar: 9.75g (10.83%), Cholesterol: 8.5mg (2.83%), Sodium: 255.74mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Vitamin A: 4384.06IU (87.68%), Vitamin K: 62.94µg (59.94%), Manganese: 0.52mg (25.98%), Folate: 86.84µg (21.71%), Copper: 0.23mg (11.68%), Phosphorus: 110.46mg (11.05%), Fiber: 2.68g (10.72%), Calcium: 92.89mg (9.29%), Vitamin C: 7.53mg (9.13%), Magnesium: 32.13mg (8.03%), Potassium: 267.96mg (7.66%), Vitamin B6: 0.15mg (7.31%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.09mg (5.96%), Iron: 1.03mg (5.75%), Vitamin E: 0.84mg (5.58%), Zinc: 0.83mg (5.55%), Selenium: 2.72µg (3.88%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.52mg (2.61%), Vitamin B12: 0.14µg (2.31%)