



Apple-Cranberry Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples diced
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup cranberries dried
- ☐ 10 ounce baby greens mixed
- ☐ 0.3 cup olive oil
- ☐ 1 pears diced
- ☐ 1 teaspoon mustard stone-ground

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2 tablespoons walnuts chopped

Equipment

☐

bowl

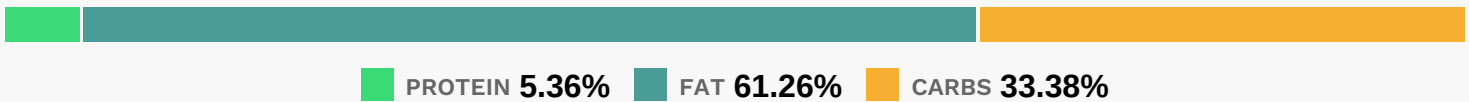
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whisk

Directions

- ☐ Whisk the mustard and vinegar together in a small bowl.
- ☐ Drizzle in the olive oil while whisking to create a dressing; set aside.
- ☐ Place the apple, pear, cranberries, baby greens, blue cheese, and walnuts into a large salad bowl. Toss gently to mix, then pour on the dressing, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:4.45, Inflammation Score:-7, Nutrition Score:8.1178260484467%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 273.33kcal (13.67%), Fat: 19.5g (29.99%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 20.65g (7.51%), Sugar: 15.96g (17.73%), Cholesterol: 6.33mg (2.11%), Sodium: 132.7mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin C: 20.53mg (24.89%), Vitamin A:

907.09IU (18.14%), Manganese: 0.35mg (17.43%), Vitamin E: 2.3mg (15.33%), Fiber: 3.26g (13.05%), Vitamin K: 12.02µg (11.45%), Folate: 38.73µg (9.68%), Phosphorus: 91.42mg (9.14%), Copper: 0.17mg (8.74%), Potassium: 280.54mg (8.02%), Calcium: 69.16mg (6.92%), Vitamin B6: 0.13mg (6.64%), Magnesium: 24.89mg (6.22%), Vitamin B2: 0.1mg (5.97%), Iron: 0.94mg (5.2%), Zinc: 0.61mg (4.08%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.33mg (3.29%), Selenium: 2.27µg (3.24%), Vitamin B12: 0.1µg (1.72%)