



## Apple-Cranberry Salad Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

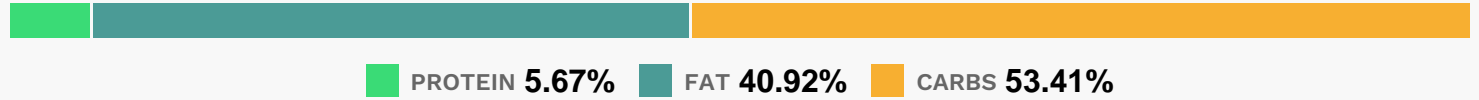
- 2 apples sliced
- 0.8 cup cranberries dried
- 2 green onions sliced
- 10 oz torn salad greens mixed
- 0.5 cup lite raspberry vinaigrette dressing kraft
- 0.8 cup planters walnut halves toasted

### Equipment

## Directions

- Toss salad greens with fruit, nuts and onions.
- Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:5.5665217689846%

## Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

## Nutrients (% of daily need)

Calories: 150.48kcal (7.52%), Fat: 7.38g (11.36%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 19.18g (6.97%), Sugar: 16.47g (18.3%), Cholesterol: 0mg (0%), Sodium: 140.91mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Manganese: 0.48mg (23.87%), Vitamin C: 11.04mg (13.39%), Copper: 0.21mg (10.7%), Fiber: 2.51g (10.03%), Vitamin A: 459.24IU (9.18%), Vitamin K: 8.37µg (7.97%), Folate: 27.15µg (6.79%), Magnesium: 24.56mg (6.14%), Phosphorus: 58.8mg (5.88%), Vitamin B6: 0.11mg (5.6%), Potassium: 171.86mg (4.91%), Vitamin B1: 0.06mg (3.93%), Iron: 0.69mg (3.81%), Zinc: 0.45mg (3.03%), Vitamin B2: 0.05mg (3.03%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.44mg (2.19%), Calcium: 21.27mg (2.13%), Vitamin B5: 0.16mg (1.6%), Selenium: 0.77µg (1.09%)