



Apple-Gorgonzola Salad with Red Wine Vinaigrette



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic finely chopped
- ☐ 10 oz the salad mixed
- ☐ 2 oz cheese blue crumbled

☐ 0.3 cup walnut pieces toasted chopped

Equipment

☐ bowl

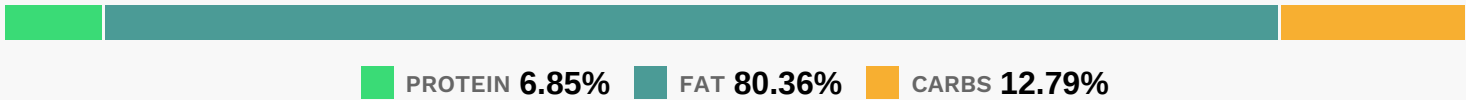
☐ whisk

Directions

☐ In small bowl, beat vinaigrette ingredients with wire whisk until smooth.

☐ In large bowl, toss salad ingredients with vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:29.85, Glycemic Load:2.99, Inflammation Score:-5, Nutrition Score:5.9839130614115%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 209.04kcal (10.45%), Fat: 19.14g (29.44%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.37g (2.32%), Sugar: 4.23g (4.7%), Cholesterol: 7.09mg (2.36%), Sodium: 131.18mg (5.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 22.7µg (21.61%), Manganese: 0.31mg (15.44%), Vitamin C: 11.26mg (13.64%), Vitamin A: 610.79IU (12.22%), Phosphorus: 79.95mg (7.99%), Vitamin E: 1.06mg (7.09%), Folate: 27.33µg (6.83%), Copper: 0.13mg (6.71%), Calcium: 64.48mg (6.45%), Vitamin B6: 0.1mg (4.76%), Magnesium: 18.56mg (4.64%), Vitamin B2: 0.07mg (4.2%), Potassium: 141.34mg (4.04%), Zinc: 0.57mg (3.77%), Iron: 0.59mg (3.26%), Selenium: 2.26µg (3.22%), Vitamin B1: 0.04mg (2.78%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.44mg (2.19%), Fiber: 0.48g (1.93%), Vitamin B12: 0.12µg (1.92%)