



Apple-Pear Salad With Lemon-Poppy Seed Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large apples thinly sliced
- ☐ 1 large pears thinly sliced
- ☐ 8 servings lemon-poppy seed dressing
- ☐ 1 cup roasted salted
- ☐ 16 oz romaine lettuce washed
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 6 oz block swiss cheese shaved

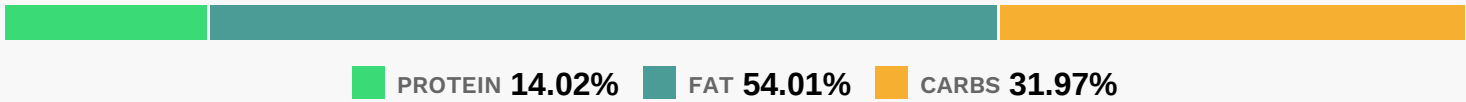
Equipment

☐ bowl

Directions

☐ Toss together first 6 ingredients in a large bowl; serve with Lemon-Poppy Seed Dressing.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:21.264782760454%

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: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 292.96kcal (14.65%), Fat: 18.61g (28.63%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 19.37g (7.04%), Sugar: 13g (14.45%), Cholesterol: 19.77mg (6.59%), Sodium: 156.76mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin A: 5137.2IU (102.74%), Vitamin K: 66.81µg (63.63%), Manganese: 0.88mg (43.88%), Calcium: 350.01mg (35%), Phosphorus: 308.39mg (30.84%), Copper: 0.6mg (29.98%), Folate: 101.07µg (25.27%), Magnesium: 94.42mg (23.6%), Fiber: 5.42g (21.68%), Zinc: 2.78mg (18.51%), Iron: 2.6mg (14.43%), Selenium: 9.92µg (14.17%), Potassium: 383.5mg (10.96%), Vitamin B1: 0.16mg (10.9%), Vitamin B12: 0.64µg (10.7%), Vitamin B2: 0.16mg (9.56%), Vitamin B6: 0.15mg (7.28%), Vitamin C: 4.89mg (5.93%), Vitamin E: 0.76mg (5.08%), Vitamin B5: 0.46mg (4.57%), Vitamin B3: 0.62mg (3.12%)