



Apple, Pecan and Gorgonzola Side Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

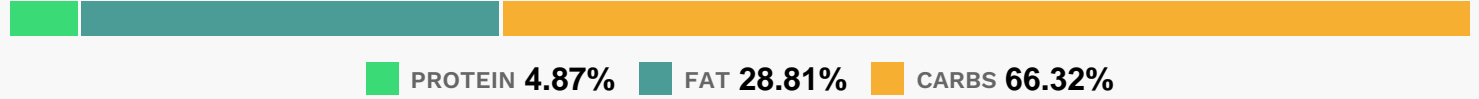
- 2 Tbsp athenos gorgonzola cheese crumbled
- 2 granny smith apples sliced
- 2 Tbsp planters pecans toasted chopped
- 0.5 cup seasons dressing mix (italian with balsamic vinegar) good prepared

Equipment

Directions

- Arrange apples on 4 salad plates.
- Sprinkle with nuts and cheese.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:3.39, Inflammation Score:-2, Nutrition Score:3.3913043264462%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 188.79kcal (9.44%), Fat: 5.76g (8.87%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.18g (9.89%), Sugar: 9.7g (10.77%), Cholesterol: 5.25mg (1.75%), Sodium: 2299.42mg (99.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Manganese: 0.26mg (12.87%), Fiber: 2.66g (10.66%), Vitamin C: 4.24mg (5.14%), Phosphorus: 50.95mg (5.09%), Calcium: 45.92mg (4.59%), Copper: 0.09mg (4.37%), Potassium: 135.79mg (3.88%), Vitamin B1: 0.05mg (3.37%), Vitamin B2: 0.06mg (3.35%), Magnesium: 12.21mg (3.05%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.97%), Vitamin K: 2.35µg (2.23%), Vitamin B5: 0.22mg (2.2%), Vitamin A: 105.35IU (2.11%), Selenium: 1.21µg (1.72%), Vitamin E: 0.25mg (1.68%), Folate: 6.35µg (1.59%), Iron: 0.26mg (1.43%), Vitamin B12: 0.09µg (1.42%), Vitamin B3: 0.21mg (1.06%)