



Apple, Pecan and Gorgonzola Side Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



151 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:13.8, Glycemic Load:2.71, Inflammation Score:-2, Nutrition Score:2.7134783086569%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 151.04kcal (7.55%), Fat: 4.61g (7.09%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 21.75g (7.91%), Sugar: 7.76g (8.62%), Cholesterol: 4.2mg (1.4%), Sodium: 1839.54mg (79.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Manganese: 0.21mg (10.3%), Fiber: 2.13g (8.52%), Vitamin C: 3.39mg (4.11%), Phosphorus: 40.76mg (4.08%), Calcium: 36.74mg (3.67%), Copper: 0.07mg (3.49%), Potassium: 108.63mg (3.1%), Vitamin B1: 0.04mg (2.69%), Vitamin B2: 0.05mg (2.68%), Magnesium: 9.77mg (2.44%), Zinc: 0.36mg (2.4%), Vitamin B6: 0.05mg (2.38%), Vitamin K: 1.88µg (1.79%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 84.28IU (1.69%), Selenium: 0.96µg (1.38%), Vitamin E: 0.2mg (1.34%), Folate: 5.08µg (1.27%), Iron: 0.21mg (1.14%), Vitamin B12: 0.07µg (1.14%)