



Apple, Roquefort, and Red Leaf Lettuce with Pumpernickel Croutons

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 1 apples i use 2 granny smith apples
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 slices pumpernickel bread cut into 1/4-inch dice (1 cup)
- ☐ 6 cups red-leaf lettuce red
- ☐ 2 oz roquefort cheese crumbled
- ☐ 1 tablespoon sherry vinegar

☐ 0.5 lb bacon thick-cut

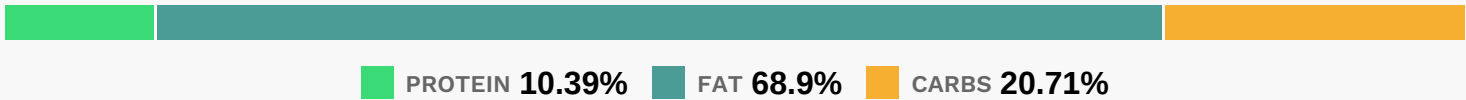
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until crisp, about 5 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain, then add pumpernickel to fat in skillet and cook over moderate heat, stirring, until crisp, about 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain and season with salt and pepper.
- ☐ Whisk together vinegar and mustard.
- ☐ Add oil in a slow stream, whisking until emulsified, then season with salt and pepper.
- ☐ Halve apple lengthwise and core.
- ☐ Cut apple halves crosswise into 1/4-inch-thick slices.
- ☐ Toss lettuce with cranberries, apple, croutons, half of bacon, and dressing. Divide salad among plates, then dot with Roquefort and sprinkle with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:10.99826077793%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg 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: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 330.07kcal (16.5%), Fat: 25.58g (39.35%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15g (5.45%), Sugar: 7.05g (7.83%), Cholesterol: 33.45mg (11.15%), Sodium: 529.02mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.35%), Vitamin A: 2227.36IU (44.55%), Vitamin K: 44.6µg (42.48%), Selenium: 13.48µg (19.26%), Manganese: 0.3mg (14.98%), Phosphorus: 132.19mg (13.22%), Vitamin B1: 0.18mg (12.33%), Vitamin B3: 2.23mg (11.16%), Vitamin B2: 0.17mg (9.76%), Vitamin E: 1.44mg (9.61%), Fiber: 2.31g (9.22%), Vitamin B6: 0.18mg (8.75%), Calcium: 87.32mg (8.73%), Folate: 30.53µg (7.63%), Zinc: 0.96mg (6.37%), Iron: 1.12mg (6.2%), Potassium: 205.68mg (5.88%), Magnesium: 21.39mg (5.35%), Vitamin B5: 0.51mg (5.09%), Copper: 0.08mg (4.24%), Vitamin B12: 0.25µg (4.16%), Vitamin C: 2.46mg (2.98%), Vitamin D: 0.15µg (1.01%)