



Apple Salad with Mustard Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons cider vinegar
- ☐ 2 cups fuji apple thinly sliced
- ☐ 5 ounce spring greens mixed
- ☐ 2 teaspoons honey
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced

☐ 2 teaspoons whole-grain dijon mustard

Equipment

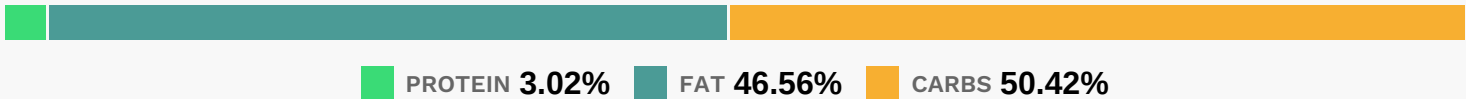
☐ bowl

☐ whisk

Directions

- ☐ Combine olive oil, vinegar, minced shallot, Dijon mustard, honey, salt, and pepper in a large bowl, stirring with a whisk.
- ☐ Add apple and greens; toss to coat.

Nutrition Facts



Properties

Glycemic Index:54.57, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:3.3539130143497%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 100.04kcal (5%), Fat: 5.47g (8.42%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 11.61g (4.22%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 183.53mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 11.32mg (13.73%), Vitamin A: 438.87IU (8.78%), Fiber: 1.73g (6.9%), Manganese: 0.12mg (6.24%), Vitamin E: 0.88mg (5.86%), Vitamin K: 4.8µg (4.57%), Potassium: 147.6mg (4.22%), Folate: 16.1µg (4.03%), Vitamin B6: 0.07mg (3.28%), Phosphorus: 25.68mg (2.57%), Iron: 0.44mg (2.43%), Magnesium: 9.32mg (2.33%), Vitamin B2: 0.04mg (2.22%), Copper: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.84%), Selenium: 1.06µg (1.52%), Vitamin B3: 0.28mg (1.38%), Calcium: 12.16mg (1.22%)