



Apple, Walnut, and Mixed Greens Salad with Zinfandel-Cranberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cranberry juice cocktail
- ☐ 3 cups gala apple cubed (2 apples)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 10 cup gourmet salad greens
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons shallots minced
- ☐ 1 cup cranberries dried sweetened (such as Craisins)
- ☐ 1 cup walla walla sweet thinly sliced (1 medium onion)
- ☐ 1 tablespoon walnut oil
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 0.5 cup red wine dry red fruity

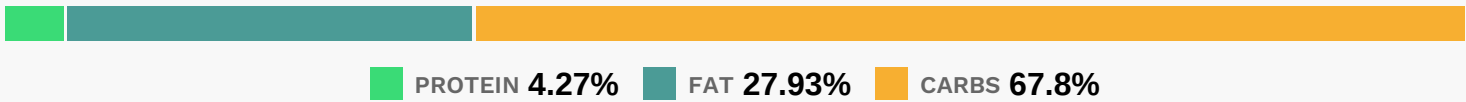
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine cranberries and apple juice in a medium saucepan; bring to a boil.
- ☐ Remove from heat; let stand for 10 minutes.
- ☐ Drain cranberries; discard apple juice. Set cranberries aside.
- ☐ Bring wine and cranberry juice to a boil in pan, and cook until reduced to 1/3 cup (about 8 minutes).
- ☐ Pour wine mixture into a medium bowl; add shallots, lemon juice, salt, and pepper. Gradually add oil, stirring with a whisk.
- ☐ Combine cranberries, greens, apple, and onion in a large bowl.
- ☐ Drizzle dressing over salad; toss gently to coat.
- ☐ Sprinkle with toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:3.42, Inflammation Score:-5, Nutrition Score:4.6834782284239%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 134.79kcal (6.74%), Fat: 4.23g (6.5%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.98g (7.63%), Sugar: 17.19g (19.1%), Cholesterol: 0mg (0%), Sodium: 130.4mg (5.67%), Alcohol: 1.31g (100%), Alcohol %: 1.04% (100%), Protein: 1.45g (2.91%), Vitamin C: 18.48mg (22.4%), Manganese: 0.28mg (14.24%), Vitamin A: 477.32IU (9.55%), Fiber: 2.1g (8.4%), Folate: 24.91µg (6.23%), Copper: 0.12mg (5.8%), Vitamin B6: 0.11mg (5.43%), Potassium: 184.69mg (5.28%), Phosphorus: 42mg (4.2%), Magnesium: 16.27mg (4.07%), Iron: 0.58mg (3.21%), Vitamin B1: 0.05mg (3.07%), Vitamin B2: 0.05mg (2.73%), Vitamin E: 0.39mg (2.62%), Vitamin K: 2.34µg (2.23%), Vitamin B3: 0.41mg (2.06%), Calcium: 18.97mg (1.9%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.16mg (1.63%)