



Apricot Greens and Swiss with Ginger Vinaigrette

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



6

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 cup apricots dried thinly sliced
- 0.3 cup cooking wine dry white
- 0.5 teaspoon ginger fresh grated peeled
- 0.5 cup green onions thinly sliced
- 4 ounces swiss cheese cut into 1/2-inch cubes reduced-fat reduced-sodium
- 0.5 cup bell pepper red thinly sliced

- 5 ounce gourmet salad greens
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 2 tablespoons balsamic vinegar white

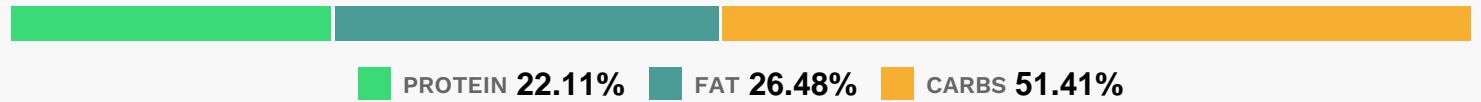
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a small bowl; stir well with a whisk.
- Combine salad greens and next 4 ingredients in a bowl.
- Pour vinaigrette over salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:5.57, Inflammation Score:-7, Nutrition Score:7.8965218015339%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 118.31kcal (5.92%), Fat: 3.38g (5.2%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.47g (4.9%), Sugar: 11.65g (12.94%), Cholesterol: 6.61mg (2.2%), Sodium: 146.72mg (6.38%), Alcohol: 1.03g (100%), Alcohol %: 1.36% (100%), Protein: 6.35g (12.71%), Vitamin C: 23.06mg (27.95%), Vitamin A: 1184.09IU (23.68%), Vitamin K: 22.59µg (21.51%), Calcium: 200.27mg (20.03%), Phosphorus: 140.68mg (14.07%),

Potassium: 251.97mg (7.2%), Vitamin B2: 0.11mg (6.36%), Vitamin E: 0.94mg (6.28%), Zinc: 0.91mg (6.09%), Folate: 22.15µg (5.54%), Manganese: 0.11mg (5.42%), Vitamin B12: 0.32µg (5.29%), Fiber: 1.3g (5.2%), Vitamin B6: 0.1mg (4.89%), Magnesium: 17.86mg (4.47%), Selenium: 2.85µg (4.07%), Iron: 0.73mg (4.06%), Copper: 0.07mg (3.32%), Vitamin B3: 0.61mg (3.07%), Vitamin B1: 0.02mg (1.64%), Vitamin B5: 0.14mg (1.35%)