



Autumn Salad With Maple-Cider Vinaigrette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 1 purée of usa bartlett pear cored ripe thinly sliced
- ☐ 4 ounce cheese blue crumbled
- ☐ 8 servings maple-cider vinaigrette
- ☐ 1 small onion red thinly sliced
- ☐ 8 servings sugared curried walnuts

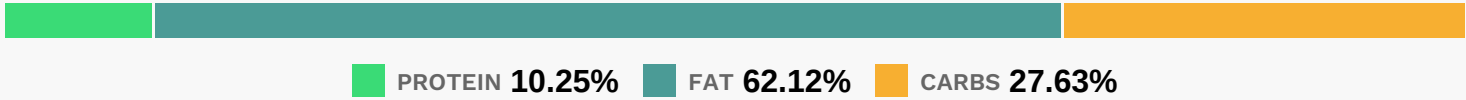
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Drizzle with Maple-Cider Vinaigrette, gently tossing to coat.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:6.96, Inflammation Score:-10, Nutrition Score:22.160000125999%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 327.9kcal (16.4%), Fat: 23.82g (36.64%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 20.11g (7.31%), Sugar: 15.73g (17.47%), Cholesterol: 10.63mg (3.54%), Sodium: 194.18mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.69%), Vitamin K: 173.21µg (164.96%), Manganese: 1.83mg (91.47%), Vitamin A: 3443.58IU (68.87%), Copper: 0.55mg (27.57%), Folate: 107.2µg (26.8%), Vitamin B2: 0.43mg (25.27%), Magnesium: 85.57mg (21.39%), Phosphorus: 182.46mg (18.25%), Calcium: 166.29mg (16.63%), Vitamin C: 12.34mg (14.96%), Fiber: 3.71g (14.85%), Vitamin B6: 0.28mg (13.8%), Potassium: 453.87mg (12.97%), Zinc: 1.67mg (11.15%), Iron: 1.97mg (10.95%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 0.99mg (6.63%), Selenium: 3.97µg (5.67%), Vitamin B5: 0.47mg (4.65%), Vitamin B3: 0.81mg (4.03%), Vitamin B12: 0.17µg (2.88%)