



Baby Blue Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings balsamic vinaigrette
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 cranberry-orange relish peeled
- ☐ 0.5 cup sweet-and-spicy pecans
- ☐ 5 ounce spring salad greens mixed
- ☐ 0.5 pint strawberries fresh quartered

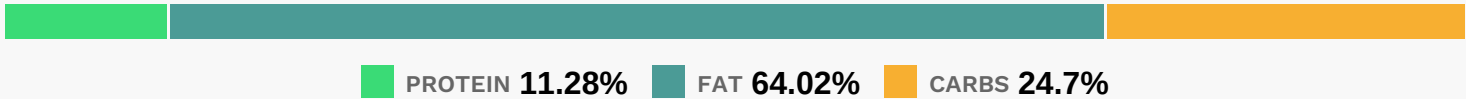
Equipment

- ☐ bowl

Directions

- ☐ Toss together first 5 ingredients in a large bowl.
- ☐ Drizzle with 1/2 cup Balsamic Vinaigrette, gently tossing to coat.
- ☐ Serve with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:20.484347724396%

Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 354.74kcal (17.74%), Fat: 26.81g (41.24%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 16.95g (6.16%), Sugar: 13.07g (14.52%), Cholesterol: 21.26mg (7.09%), Sodium: 354.63mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.26%), Vitamin C: 121.12mg (146.81%), Manganese: 1.69mg (84.67%), Fiber: 6.31g (25.26%), Phosphorus: 243.47mg (24.35%), Vitamin A: 1196.86IU (23.94%), Folate: 89.91µg (22.48%), Calcium: 221.45mg (22.15%), Copper: 0.43mg (21.5%), Vitamin B1: 0.28mg (18.55%), Potassium: 595.5mg (17.01%), Magnesium: 66.19mg (16.55%), Zinc: 2.24mg (14.9%), Vitamin B2: 0.23mg (13.42%), Vitamin B6: 0.25mg (12.53%), Vitamin B5: 1.1mg (11%), Iron: 1.71mg (9.51%), Selenium: 6.14µg (8.76%),

Vitamin B3: 1.61mg (8.05%), Vitamin E: 0.88mg (5.86%), Vitamin B12: 0.35µg (5.76%), Vitamin K: 4.15µg (3.95%)