



Balsamic and Blue Salad



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinaigrette fat-free (such as Girard's)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled (such as Maytag)
- ☐ 5 ounces grape tomatoes halved
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 tablespoon honey
- ☐ 5 ounce spring mix salad greens fresh (such as Express)

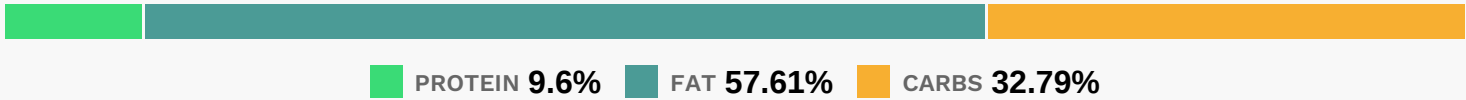
Equipment

bowl

Directions

- Combine vinaigrette and honey in a large bowl.
- Add spring mix, tomatoes, and onions; toss well to coat.
- Sprinkle with pepper and cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:2.72, Inflammation Score:-6, Nutrition Score:4.2252173780099%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 95.39kcal (4.77%), Fat: 6.26g (9.64%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.49g (2.72%), Sugar: 5.72g (6.36%), Cholesterol: 5.32mg (1.77%), Sodium: 194.44mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 13.67mg (16.57%), Vitamin A: 782.08IU (15.64%), Vitamin K: 9.28µg (8.84%), Folate: 23.01µg (5.75%), Manganese: 0.11mg (5.5%), Phosphorus: 51.17mg (5.12%), Potassium: 174.92mg (5%), Calcium: 49.45mg (4.94%), Vitamin B6: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.3%), Magnesium: 10.24mg (2.56%), Vitamin B3: 0.5mg (2.5%), Copper: 0.05mg (2.33%), Zinc: 0.35mg (2.31%), Iron: 0.41mg (2.3%), Fiber: 0.53g (2.12%), Vitamin B5: 0.2mg (2.03%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.23µg (1.76%), Vitamin E: 0.23mg (1.51%), Vitamin B12: 0.09µg (1.44%)