



Balsamic Grape and Walnut Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



554 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 spring onion chopped
- 3 radishes diced
- 1 cup raisins
- 2 cups grapes red seedless halved
- 0.5 onion red chopped
- 1 cup balsamic vinaigrette salad dressing
- 2 cups walnut pieces coarsely chopped




Equipment

bowl

Directions

In a medium serving bowl, combine the grapes, walnuts, onion, green onion, radishes and raisins. Toss with balsamic vinaigrette dressing just before serving.

Nutrition Facts

 **PROTEIN 4.82%**  **FAT 70.91%**  **CARBS 24.27%**

Properties

Glycemic Index:35.97, Glycemic Load:15, Inflammation Score:-5, Nutrition Score:15.257826183153%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 554.31kcal (27.72%), Fat: 46.54g (71.59%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 30.77g (11.19%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 11.08mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Manganese: 1.45mg (72.73%), Vitamin K: 62.05µg (59.1%), Copper: 0.77mg (38.33%), Fiber: 5.05g (20.21%), Magnesium: 74.71mg (18.68%), Phosphorus: 168.41mg (16.84%), Vitamin B6: 0.31mg (15.71%), Vitamin E: 2.32mg (15.5%), Potassium: 505.44mg (14.44%), Vitamin B1: 0.2mg (13.5%), Folate: 46.03µg (11.51%), Iron: 2.06mg (11.43%), Zinc: 1.33mg (8.86%), Vitamin B2: 0.15mg (8.57%), Vitamin C: 5.53mg (6.7%), Calcium: 56.95mg (5.69%), Vitamin B3: 0.85mg (4.24%), Selenium: 2.87µg (4.1%), Vitamin B5: 0.28mg (2.77%), Vitamin A: 101.16IU (2.02%)