



Basil-and-Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados sliced
- ☐ 0.5 cup firmly basil leaves fresh packed coarsely chopped
- ☐ 4 oz cheese blue crumbled
- ☐ 1 teaspoon dijon mustard country-style
- ☐ 10 cup salad greens mixed
- ☐ 2 navel oranges fresh
- ☐ 0.3 cup olive oil
- ☐ 2 pears ripe thinly sliced

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup seasoned rice vinegar

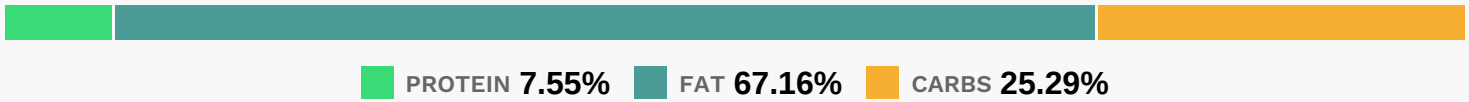
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. Cover and chill until ready to use (up to 24 hours).
- ☐ Toss together greens and basil. Top with pears, oranges, avocados, and blue cheese; toss.
- ☐ Drizzle with vinaigrette.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:8.0608695771383%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 175.55kcal (8.78%), Fat: 13.76g (21.17%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.16g (5.73%), Cholesterol: 7.09mg (2.36%), Sodium: 222.68mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin C: 26.33mg (31.92%), Vitamin K: 16.38µg

(15.6%), Fiber: 3.73g (14.9%), Folate: 53.6µg (13.4%), Vitamin A: 630.13IU (12.6%), Vitamin E: 1.68mg (11.18%), Potassium: 321.76mg (9.19%), Vitamin B6: 0.16mg (7.91%), Phosphorus: 77.34mg (7.73%), Vitamin B5: 0.75mg (7.48%), Calcium: 73.67mg (7.37%), Vitamin B2: 0.12mg (6.9%), Manganese: 0.14mg (6.82%), Copper: 0.12mg (6.13%), Magnesium: 21.17mg (5.29%), Vitamin B3: 1.03mg (5.13%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.72%), Iron: 0.59mg (3.27%), Selenium: 1.86µg (2.65%), Vitamin B12: 0.12µg (1.92%)