



 **54%**  
HEALTH SCORE

## Blue Cheese and Walnut Salad with Maple Dressing

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 ounce sack baby spinach
- 0.3 pound cheese blue crumbled
- 1.5 tablespoons cider vinegar
- 0.3 cup maple syrup warmed
- 0.3 cup olive oil extra-virgin
- 4 servings salt and pepper
- 6 ounce walnut halves toasted canned

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Place spinach on a large platter. Top with blue cheese and walnuts. Warm maple syrup in a small saucepan.
- Pour vinegar into a small bowl.
- Whisk oil into vinegar in a slow stream.
- Whisk maple syrup into dressing in a slow stream.
- Pour dressing down over the salad platter and serve. Season with salt and pepper, to your taste.

## Nutrition Facts

 **PROTEIN 10.54%**  **FAT 74.9%**  **CARBS 14.56%**

## Properties

Glycemic Index:38.88, Glycemic Load:6.13, Inflammation Score:-10, Nutrition Score:31.42130425702%

## Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 602.7kcal (30.14%), Fat: 52.35g (80.54%), Saturated Fat: 11.58g (72.39%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 18.49g (6.72%), Sugar: 13.68g (15.2%), Cholesterol: 28.35mg (9.45%), Sodium: 687.69mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.16%), Vitamin K: 352.5µg (335.72%), Vitamin A: 6942.75IU (138.86%), Manganese: 2.57mg (128.42%), Folate: 192.78µg (48.19%), Copper: 0.78mg (39.2%), Vitamin B2: 0.6mg (35.16%), Magnesium: 136.38mg (34.1%), Calcium: 334mg (33.4%), Phosphorus: 328.6mg (32.86%), Vitamin E: 3.77mg (25.17%), Vitamin C: 20.47mg (24.81%), Vitamin B6: 0.43mg (21.47%), Potassium: 729.34mg

(20.84%), Zinc: 2.84mg (18.92%), Iron: 3.39mg (18.81%), Fiber: 4.41g (17.63%), Vitamin B1: 0.22mg (14.97%), Selenium: 8.28µg (11.83%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.46µg (7.69%), Vitamin B3: 1.39mg (6.96%), Vitamin D: 0.19µg (1.26%)