



## Blue Cheese-Cranberry Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup cheese blue
- 0.5 cup grape tomatoes halved
- 4 cups greens mixed
- 0.5 cup raspberry vinaigrette light
- 0.3 cup cranberries dried sweetened
- 0.3 cup walnut pieces

### Equipment

- frying pan

oven

## Directions

- Place walnuts in a single layer in a shallow pan.
- Bake at 350 for 8 to 10 minutes or until toasted, stirring after 5 minutes.
- Arrange greens on 6 salad plates.
- Sprinkle each with blue cheese, tomatoes, cranberries, and toasted walnuts.
- Drizzle each with 4 tsp. vinaigrette.

## Nutrition Facts



**PROTEIN 11.61%**   **FAT 51.45%**   **CARBS 36.94%**

## Properties

Glycemic Index:14.17, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:4.5900000022805%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 127.41kcal (6.37%), Fat: 7.58g (11.67%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 11.31g (4.11%), Sugar: 9.62g (10.69%), Cholesterol: 8.44mg (2.81%), Sodium: 310.7mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Manganese: 0.29mg (14.71%), Vitamin A: 493.5IU (9.87%), Vitamin C: 7.99mg (9.68%), Phosphorus: 79.95mg (7.99%), Calcium: 71.08mg (7.11%), Copper: 0.13mg (6.64%), Folate: 22.15µg (5.54%), Vitamin B6: 0.09mg (4.37%), Magnesium: 17.43mg (4.36%), Vitamin B2: 0.07mg (4.14%), Zinc: 0.58mg (3.89%), Potassium: 136.06mg (3.89%), Fiber: 0.94g (3.77%), Selenium: 2.1µg (3%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.04mg (2.59%), Iron: 0.45mg (2.51%), Vitamin B12: 0.14µg (2.29%), Vitamin B3: 0.44mg (2.22%), Vitamin E: 0.28mg (1.88%), Vitamin K: 1.94µg (1.85%)