



Blue Cheese-Walnut Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4.5 oz athenos cheese blue crumbled
- 0.3 cup knudsen cream sour
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup oil
- 1 medium onion red thinly sliced
- 20 oz european torn salad greens mixed (iceburg, Romaine, leaf lettuce, Radicchio, frisee)
- 1 cup planters walnuts toasted chopped
- 0.3 cup heinz red wine vinegar

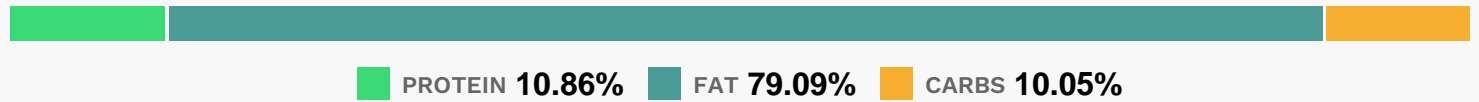
Equipment

- bowl
- whisk

Directions

- Toss greens with walnuts, onions and cheese in large bowl; set aside.
- Beat vinegar and mustard with wire whisk until well blended.
- Add oil and sour cream; mix well.
- Add to salad just before serving; toss lightly.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:3.8508695862863%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 99.44kcal (4.97%), Fat: 9.08g (13.97%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.54g (0.6%), Cholesterol: 6.48mg (2.16%), Sodium: 98.69mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Manganese: 0.26mg (12.85%), Vitamin C: 7.11mg (8.61%), Vitamin A: 390.98IU (7.82%), Phosphorus: 61.62mg (6.16%), Copper: 0.11mg (5.69%), Folate: 19.84µg (4.96%), Calcium: 48.39mg (4.84%), Magnesium: 15.51mg (3.88%), Vitamin E: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.67%), Vitamin B2: 0.05mg (3.21%), Potassium: 105.93mg (3.03%), Zinc: 0.44mg (2.93%), Selenium: 1.97µg (2.81%), Vitamin B1: 0.04mg (2.42%), Iron: 0.42mg (2.33%), Vitamin K: 2.4µg (2.28%), Fiber: 0.55g (2.2%), Vitamin B5: 0.2mg (1.99%), Vitamin B3: 0.3mg (1.52%), Vitamin B12: 0.08µg (1.4%)