



Blueberry Fields Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 cup cheese blue crumbled
- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup blueberries
- ☐ 1 small onion red halved sliced
- ☐ 11 oz spring mix of spinach
- ☐ 1 cup walnut pieces chopped

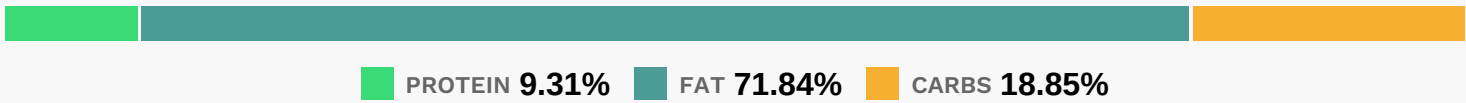
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat walnuts in a small skillet over medium-high heat, stirring constantly, 5 minutes or until toasted and fragrant.
- ☐ Whisk together balsamic vinegar, next 2 ingredients, and salt and freshly ground pepper to taste in a small bowl.
- ☐ Combine walnuts, spinach mix, and next 3 ingredients in a large bowl.
- ☐ Drizzle with desired amount of vinaigrette, and toss to combine.
- ☐ Serve immediately with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:4.04, Inflammation Score:-6, Nutrition Score:9.5947826349217%

Flavonoids

Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg Petunidin: 13.61mg, Petunidin: 13.61mg, Petunidin: 13.61mg, Petunidin: 13.61mg Delphinidin: 15.29mg, Delphinidin: 15.29mg, Delphinidin: 15.29mg, Delphinidin: 15.29mg Malvidin: 29.18mg, Malvidin: 29.18mg, Malvidin: 29.18mg, Malvidin: 29.18mg Peonidin: 8.76mg, Peonidin: 8.76mg, Peonidin: 8.76mg, Peonidin: 8.76mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 285.14kcal (14.26%), Fat: 23.56g (36.25%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 11.66g (4.24%), Sugar: 7.73g (8.59%), Cholesterol: 12.66mg (4.22%), Sodium: 209.32mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Manganese: 0.74mg (37.09%), Vitamin C: 14.44mg (17.5%), Copper: 0.29mg (14.64%), Phosphorus: 143.31mg (14.33%), Vitamin K: 14.6µg (13.91%), Vitamin A: 598.09IU (11.96%), Calcium: 118.65mg (11.86%), Vitamin E: 1.69mg (11.26%), Folate: 40.03µg (10.01%), Magnesium: 37.15mg (9.29%), Fiber: 2.25g (9%), Vitamin B6: 0.18mg (8.83%), Vitamin B2: 0.13mg (7.49%), Zinc: 1.09mg (7.25%), Potassium: 246mg (7.03%), Vitamin B1: 0.09mg (5.92%), Iron: 1.04mg (5.77%), Vitamin B5: 0.49mg (4.92%), Selenium: 3.43µg (4.9%), Vitamin B3: 0.75mg (3.73%), Vitamin B12: 0.21µg (3.43%)