



Blueberry-Gorgonzola Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves loosely packed
- ☐ 2 cups blueberries fresh
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.8 cup chives fresh sliced (1-inch pieces)
- ☐ 0.5 cup tarragon leaves fresh loosely packed
- ☐ 0.8 cup gorgonzola cheese crumbled
- ☐ 5 oz salad greens mixed
- ☐ 0.8 cup bottled raspberry-walnut vinaigrette

☐ 1 cup roasted salted

Equipment

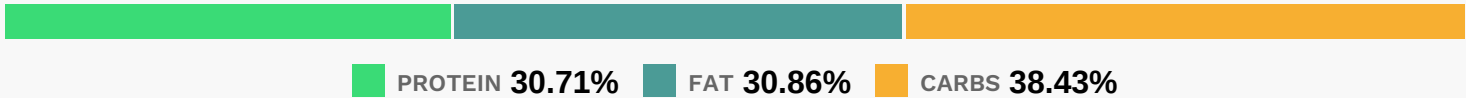
☐ bowl

Directions

☐ Toss together all ingredients in a large serving bowl.

☐ *Glazed walnuts may be substituted.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:5.88, Inflammation Score:-9, Nutrition Score:25.384347780891%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 3.19mg, Myricetin: 3.19mg, Myricetin: 3.19mg, Myricetin: 3.19mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 268.92kcal (13.45%), Fat: 9.42g (14.5%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 23.38g (8.5%), Sugar: 17.17g (19.07%), Cholesterol: 53.15mg (17.72%), Sodium: 685.34mg (29.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Vitamin K: 301.67µg (287.3%), Vitamin A: 2778.51IU (55.57%), Vitamin C: 43.97mg (53.3%), Manganese: 0.94mg (46.78%), Vitamin B6: 0.74mg (36.77%), Selenium: 20.05µg (28.65%), Phosphorus: 274.14mg (27.41%), Vitamin B3: 4.99mg (24.94%), Calcium: 234.71mg (23.47%), Vitamin B1: 0.34mg (22.86%), Iron: 4.11mg (22.86%), Vitamin B2: 0.35mg (20.76%), Potassium: 708.91mg (20.25%), Folate: 77.4µg (19.35%), Magnesium: 65.2mg (16.3%), Zinc: 2.32mg (15.47%), Fiber: 3.03g (12.1%), Vitamin B5: 1.04mg

(10.38%), Copper: 0.2mg (10.15%), Vitamin B12: 0.56µg (9.34%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.34µg (2.28%)