



Blueberry Walnut Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pint blueberries fresh
- 0.3 cup feta cheese crumbled
- 10 ounce the salad mixed
- 0.5 cup balsamic vinaigrette salad dressing
- 0.3 cup walnuts

Equipment

- bowl

Directions

In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

Nutrition Facts

PROTEIN 5.44% **FAT 66.63%** **CARBS 27.93%**

Properties

Glycemic Index:14.5, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:8.0121739396582%

Flavonoids

Cyanidin: 6.8mg, Cyanidin: 6.8mg, Cyanidin: 6.8mg, Cyanidin: 6.8mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 194.5kcal (9.72%), Fat: 15.25g (23.47%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 12.17g (4.42%), Sugar: 8.5g (9.45%), Cholesterol: 5.56mg (1.85%), Sodium: 84.63mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin K: 36.05µg (34.33%), Manganese: 0.5mg (25.13%), Vitamin C: 18.67mg (22.64%), Vitamin A: 606.69IU (12.13%), Vitamin E: 1.46mg (9.7%), Fiber: 2.22g (8.88%), Copper: 0.15mg (7.4%), Folate: 28.99µg (7.25%), Vitamin B2: 0.12mg (6.82%), Phosphorus: 65.82mg (6.58%), Vitamin B6: 0.13mg (6.57%), Potassium: 169.03mg (4.83%), Magnesium: 18.82mg (4.7%), Calcium: 46.46mg (4.65%), Vitamin B1: 0.07mg (4.64%), Iron: 0.7mg (3.89%), Zinc: 0.56mg (3.71%), Vitamin B3: 0.71mg (3.53%), Selenium: 1.78µg (2.54%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.11µg (1.76%)