



## California Cherry and Walnut Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons cherries dried
- 0.3 pound chicken breast strips cooked
- 4 ounces goat cheese sliced
- 10 ounce salad greens mixed
- 0.3 cup raspberry vinaigrette
- 0.3 cup walnut pieces

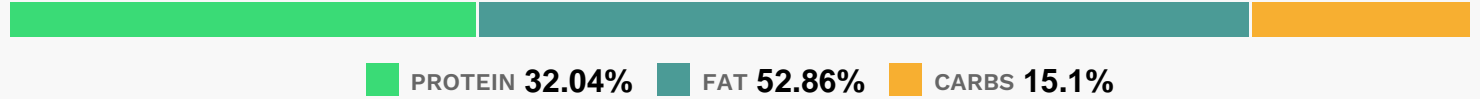
### Equipment

- bowl

## Directions

- Toss the salad greens, raspberry vinaigrette, walnut pieces, and dried cherries together in a large bowl. Divide the salad into individual salad bowls or plates.
- Garnish each salad with two slices of goat cheese and a few strips of chicken breast.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:10.00565212965%

## Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 198.9kcal (9.94%), Fat: 11.82g (18.19%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.96g (2.53%), Sugar: 4.52g (5.03%), Cholesterol: 37.14mg (12.38%), Sodium: 273.85mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Vitamin B3: 4.49mg (22.46%), Vitamin A: 1110.12IU (22.2%), Vitamin C: 17.06mg (20.67%), Manganese: 0.39mg (19.61%), Phosphorus: 191.71mg (19.17%), Copper: 0.38mg (18.88%), Vitamin B6: 0.34mg (17.03%), Selenium: 9.26µg (13.23%), Vitamin B2: 0.19mg (11.11%), Folate: 38.22µg (9.56%), Iron: 1.52mg (8.44%), Magnesium: 32.92mg (8.23%), Potassium: 250.51mg (7.16%), Zinc: 0.92mg (6.16%), Calcium: 61.28mg (6.13%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.86%), Fiber: 0.65g (2.58%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.18mg (1.23%)