



## Cheese and Almond Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup blanched almonds and
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 8 oz salad mix rinsed
- 4 servings salt and pepper
- 4 ounces soft-ripened cow cheese such as breakfast cheese

### Equipment

- bowl

frying pan

oven

## Directions

Bake almonds in an 8- or 9-inch pan in a 400 oven until golden, 5 to 8 minutes (about 4 minutes in a convection oven).

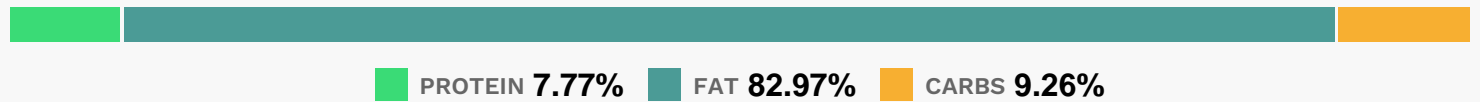
In a large bowl, combine oil and lemon juice.

Add salad mix and stir, adding salt and pepper to taste. With 2 large spoons, divide salad equally among plates.

Cut cheese into thin slices and divide evenly among salads.

Sprinkle evenly with almonds.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:7.2991304397583%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 232.46kcal (11.62%), Fat: 22.27g (34.26%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.55g (1.66%), Sugar: 1.64g (1.83%), Cholesterol: 28.63mg (9.54%), Sodium: 299.71mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin E: 3.73mg (24.88%), Vitamin A: 1025.79IU (20.52%), Vitamin C: 14.61mg (17.7%), Manganese: 0.28mg (13.93%), Phosphorus: 102.85mg (10.29%), Vitamin B2: 0.17mg (9.89%), Magnesium: 36.94mg (9.23%), Folate: 29.38µg (7.35%), Copper: 0.14mg (7.06%), Calcium: 59.87mg (5.99%), Potassium: 207.56mg (5.93%), Vitamin K: 4.81µg (4.58%), Iron: 0.77mg (4.3%), Selenium: 3µg (4.29%), Fiber: 1.04g (4.17%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.75%), Vitamin B3: 0.71mg (3.53%), Vitamin B1: 0.04mg (2.96%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.06µg (1.04%)