



Chopped Apple Salad with Pomegranate Vinaigrette



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 apples cored cut into 1/2-inch pieces (Granny Smith, Gala, Fuji)
- ☐ 2 ounces baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces maytag cheese blue crumbled
- ☐ 4 teaspoons dijon mustard
- ☐ 1 large head endive halved thin
- ☐ 1 tablespoon honey

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons pomegranate molasses
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnuts toasted coarsely chopped

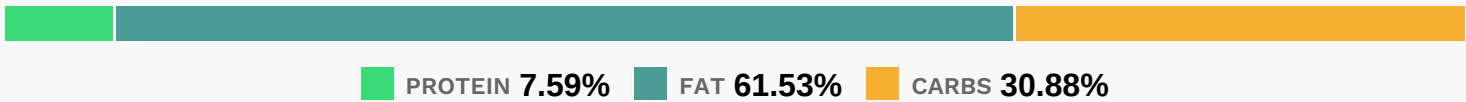
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine molasses and next 5 ingredients (through pepper) in a medium bowl; whisk well. Slowly add olive oil, whisking well until blended.
- ☐ Combine apples, spinach, endive, walnuts, and blue cheese in a large bowl.
- ☐ Add the vinaigrette; toss to coat, and serve. Extra vinaigrette can be stored, covered tightly, in the refrigerator for 2 days.

Nutrition Facts



Properties

Glycemic Index:68.07, Glycemic Load:6.02, Inflammation Score:-10, Nutrition Score:22.106086905884%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 343.6kcal (17.18%), Fat: 24.53g (37.74%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 20.81g (7.57%), Sugar: 18.01g (20.01%), Cholesterol: 10.63mg (3.54%), Sodium: 401.51mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin K: 339.35µg (323.19%), Vitamin A: 3930.52IU (78.61%), Folate: 205.11µg (51.28%), Manganese: 1.01mg (50.52%), Fiber: 6.89g (27.57%), Vitamin E: 3.01mg (20.09%), Vitamin C: 15.69mg (19.02%), Potassium: 623.98mg (17.83%), Calcium: 167.08mg (16.71%), Copper: 0.32mg (16.16%), Phosphorus: 143.45mg (14.35%), Vitamin B5: 1.4mg (13.98%), Magnesium: 54.31mg (13.58%), Vitamin B2: 0.21mg (12.3%), Zinc: 1.73mg (11.51%), Iron: 1.98mg (10.99%), Vitamin B1: 0.16mg (10.9%), Vitamin B6: 0.17mg (8.42%), Selenium: 4.65µg (6.64%), Vitamin B3: 0.93mg (4.63%), Vitamin B12: 0.17µg (2.88%)