



Chopped Apple Salad with Toasted Walnuts, Blue Cheese and Pomegranate Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups baby spinach
- 8 servings pepper black freshly ground
- 0.8 pound cheese blue crumbled (recommended: Maytag, Danish, Cabrales)
- 1 tablespoon dijon mustard
- 2 heads endive thinly sliced
- 1 tablespoon honey to taste
- 0.8 cup olive oil extra-virgin

- 0.3 cup pomegranate molasses
- 2 tablespoons red wine vinegar
- 8 servings salt
- 1 cup walnuts toasted coarsely chopped
- 6 a combination of all cut into 1/2-inch dice (Granny Smith, Gala, Fuji)
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Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Whisk together the pomegranate molasses, vinegar, mustard, honey and salt and pepper in a medium bowl. Slowly whisk in the olive oil until emulsified.
- Combine the apples, spinach, endive, walnuts and blue cheese in a large bowl.
- Add the vinaigrette and toss to coat, season with salt and pepper, to taste.

Nutrition Facts



PROTEIN 15.44% **FAT 69.54%** **CARBS 15.02%**

Properties

Glycemic Index:30.03, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:22.985217628272%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 11.84mg, Kaempferol: 11.84mg, Kaempferol: 11.84mg, Kaempferol: 11.84mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 327.25kcal (16.36%), Fat: 26.11g (40.17%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.67g (6.3%), Cholesterol: 31.89mg (10.63%), Sodium: 734.92mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.09%), Vitamin K: 300.15µg (285.85%), Vitamin A: 3470.41IU (69.41%), Manganese: 1.07mg (53.39%), Folate: 204.14µg (51.04%), Calcium: 306.95mg (30.7%), Phosphorus: 252.93mg (25.29%), Fiber: 4.74g (18.97%), Copper: 0.37mg (18.74%), Vitamin B5: 1.84mg (18.45%), Zinc: 2.53mg (16.88%), Vitamin B2: 0.29mg (16.79%), Potassium: 575.51mg (16.44%), Magnesium: 56.97mg (14.24%), Vitamin C: 9.65mg (11.7%), Selenium: 7.85µg (11.21%), Vitamin B1: 0.16mg (10.78%), Iron: 1.79mg (9.92%), Vitamin E: 1.45mg (9.64%), Vitamin B6: 0.19mg (9.42%), Vitamin B12: 0.52µg (8.65%), Vitamin B3: 1.12mg (5.58%), Vitamin D: 0.21µg (1.42%)