



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



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



509 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces baby spinach
- ☐ 2 large heads belgian endive thinly sliced
- ☐ 2 cups cheese blue crumbled (such as Maytag)
- ☐ 1 tablespoon dijon mustard
- ☐ 4 fuji cored cut into 1/2-inch dice
- ☐ 1 tablespoon honey to taste
- ☐ 8 servings kosher salt and pepper freshly ground

- ☐ 0.7 cup olive oil extra-virgin
- ☐ 1 cup pomegranate vinaigrette (see below)
- ☐ 3 tablespoons pomegranate molasses
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 cups walnuts toasted coarsely chopped

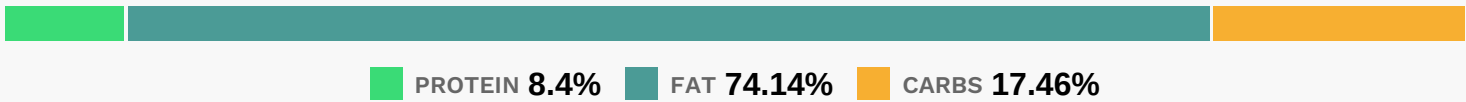
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ 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.
- ☐ Whisk together the pomegranate molasses, vinegar, mustard and honey in a medium bowl. Season with salt and pepper. Slowly whisk in the olive oil until emulsified. The dressing can be made 2 days in advance and stored in a container with a tight-fitting lid in the refrigerator.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:15.073478258174%

Flavonoids

Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg

Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 508.57kcal (25.43%), Fat: 43.49g (66.91%), Saturated Fat: 11.03g (68.95%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 19.15g (6.96%), Sugar: 15.82g (17.58%), Cholesterol: 25.31mg (8.44%), Sodium: 610.28mg (26.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Vitamin K: 70.71µg (67.34%), Manganese: 0.86mg (42.99%), Phosphorus: 222.49mg (22.25%), Calcium: 213.94mg (21.39%), Copper: 0.4mg (19.95%), Vitamin A: 977.03IU (19.54%), Vitamin E: 2.51mg (16.74%), Fiber: 3.9g (15.61%), Magnesium: 53.71mg (13.43%), Folate: 50.4µg (12.6%), Vitamin B2: 0.2mg (11.83%), Vitamin B6: 0.23mg (11.35%), Zinc: 1.67mg (11.13%), Selenium: 7.2µg (10.28%), Potassium: 328.81mg (9.39%), Vitamin C: 6.51mg (7.89%), Vitamin B5: 0.78mg (7.76%), Vitamin B1: 0.11mg (7.29%), Vitamin B12: 0.41µg (6.86%), Iron: 1.12mg (6.25%), Vitamin B3: 0.74mg (3.69%), Vitamin D: 0.17µg (1.13%)