



Cinnamon Apple Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup canola oil
- 1 teaspoon dijon mustard
- 4 oz goat cheese crumbled
- 1 golden delicious apple cored quartered
- 2 teaspoons ground cinnamon divided
- 0.3 cup raspberry vinegar
- 8 oz gourmet salad greens mixed washed
- 0.3 teaspoon salt

- 1 teaspoon sugar
- 3 tablespoons walnuts coarsely chopped
- 2 teaspoons water

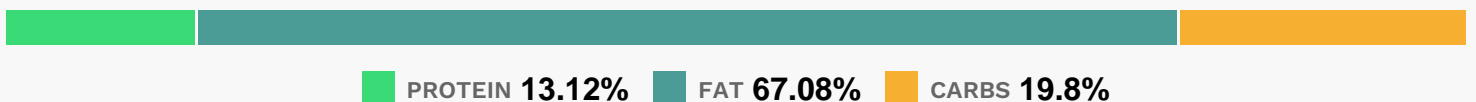
Equipment

- bowl
- whisk
- microwave

Directions

- Cut apple quarters into 1/4-inch slices. Microwave slices, 2 tsp. water, and 1 tsp. cinnamon in a microwave-safe bowl at HIGH 1 minute, stirring once. Cool 10 minutes.
- Whisk together vinegar, sugar, mustard, salt, and remaining 1 tsp. cinnamon until well combined.
- Add canola oil in a slow, steady stream, whisking constantly.
- Toss 1/2 cup vinaigrette with salad greens.
- Sprinkle salad evenly with goat cheese, walnuts, and apple mixture.
- Serve remaining vinaigrette with salad, if desired, or refrigerate up to 1 week.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:8.3821738958359%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 218.62kcal (10.93%), Fat: 16.63g (25.59%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 8.87g (3.23%), Sugar: 6.11g (6.79%), Cholesterol: 13.04mg (4.35%), Sodium: 280.2mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Manganese: 0.6mg (30.06%), Vitamin A: 965.49IU (19.31%), Copper: 0.37mg (18.74%), Vitamin C: 13.29mg (16.11%), Phosphorus: 128.37mg (12.84%), Vitamin B2: 0.16mg (9.45%), Vitamin B6: 0.18mg (9.11%), Fiber: 2.18g (8.72%), Folate: 33.24µg (8.31%), Vitamin E: 1.19mg (7.95%), Iron: 1.31mg (7.27%), Calcium: 69.17mg (6.92%), Magnesium: 26.87mg (6.72%), Potassium: 200.61mg (5.73%), Vitamin K: 5.86µg (5.58%), Vitamin B1: 0.07mg (4.88%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.34mg (3.45%), Vitamin B3: 0.58mg (2.9%), Selenium: 1.87µg (2.66%)