



Classic Apple and Blue Cheese Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups torn bibb lettuce leaves (2 heads)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1 cup apples i use 2 granny smith apples chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon walnuts toasted chopped

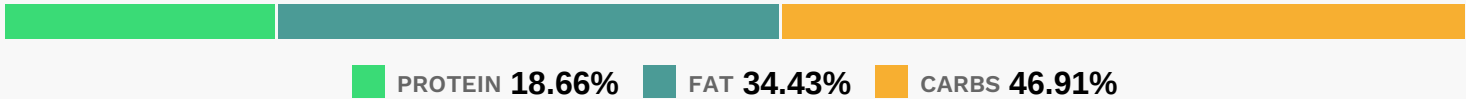
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add lettuce and remaining ingredients, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:18.176521707488%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 77.67kcal (3.88%), Fat: 3.39g (5.22%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5.97g (6.64%), Cholesterol: 1.75mg (0.58%), Sodium: 154.55mg (6.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin K: 247.49µg (235.71%), Vitamin A: 7887.06IU (157.74%), Folate: 178.22µg (44.55%), Manganese: 0.51mg (25.48%), Potassium: 613.03mg (17.52%), Iron: 3.09mg (17.17%), Vitamin C: 12.05mg (14.61%), Fiber: 3.37g (13.5%), Vitamin B6: 0.22mg (11.01%), Calcium: 101.25mg

(10.13%), Vitamin B1: 0.15mg (10.02%), Vitamin B2: 0.17mg (9.85%), Phosphorus: 98.23mg (9.82%), Magnesium: 36.61mg (9.15%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.65mg (4.33%), Vitamin B5: 0.43mg (4.32%), Zinc: 0.62mg (4.12%), Copper: 0.08mg (3.79%), Selenium: 2.44µg (3.48%)