

Cornucopia Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds sliced
- 1 avocado pitted peeled chopped
- 0.3 cup cheese blue crumbled
- 0.5 cup cranberries dried
- 1 apples i use 2 granny smith apples cored chopped
- 3 green onions chopped
- 1 head lettuce red
- 2 tablespoons red wine vinegar

- 8 servings salt and pepper to taste
- 0.3 cup vegetable oil
- 2 teaspoons sugar white

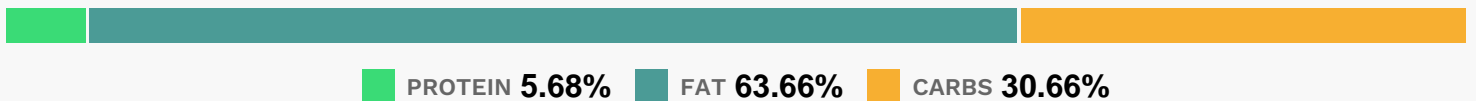
Equipment

- bowl
- frying pan
- whisk

Directions

- Place the almonds and 1 tablespoon of sugar in a small skillet over medium-low heat, and cook and stir until the sugar melts and the almonds brown, watching carefully to avoid burning.
- Remove from heat and allow to cool.
- In a large salad bowl, mix the lettuce, green onions, apple, avocado, dried cranberries, blue cheese, and cooked almonds.
- Whisk together the vinegar, 2 teaspoons of sugar, and salt and pepper in a bowl, and stir in the vegetable oil.
- Pour the dressing over the salad, and gently toss to combine.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:11.406521621606%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 178.15kcal (8.91%), Fat: 13.37g (20.57%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 11.03g (4.01%), Sugar: 9.47g (10.52%), Cholesterol: 3.16mg (1.05%), Sodium: 255.39mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin K: 82.37µg (78.45%), Vitamin A: 3019.84IU (60.4%), Vitamin E: 2.11mg (14.04%), Fiber: 3.45g (13.82%), Manganese: 0.22mg (10.88%), Folate: 40.6µg (10.15%), Potassium: 267.96mg (7.66%), Vitamin B2: 0.12mg (7.24%), Vitamin C: 5.87mg (7.11%), Vitamin B6: 0.13mg (6.45%), Phosphorus: 59.11mg (5.91%), Magnesium: 23.15mg (5.79%), Copper: 0.11mg (5.25%), Vitamin B5: 0.52mg (5.25%), Calcium: 51.41mg (5.14%), Iron: 0.87mg (4.81%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.48mg (3.17%), Selenium: 1.49µg (2.13%)