



Cranberry and Feta Salad with Dijon Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon dijon mustard
- 1 cup cranberries dried
- 0.3 cup olive oil extra virgin
- 4 ounce athenos feta cheese crumbled traditional
- 0.3 teaspoon ground pepper black
- 1 tablespoon honey

- 10 ounce salad greens mixed
- 0.5 cup walnut pieces toasted

Equipment

- bowl
- whisk

Directions

- Toss greens with cranberries, cheese and walnuts in salad bowl.
- Beat vinegar, honey, mustard and pepper with wire whisk until well blended. Gradually add oil, beating until well blended.
- Pour over salad; toss to coat.

Nutrition Facts

PROTEIN 6.64% **FAT 60.39%** **CARBS 32.97%**

Properties

Glycemic Index:53.32, Glycemic Load:3.46, Inflammation Score:-7, Nutrition Score:12.123478340066%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 418.86kcal (20.94%), Fat: 29.56g (45.47%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 33.63g (12.23%), Sugar: 27.91g (31.01%), Cholesterol: 25.23mg (8.41%), Sodium: 359.51mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.61%), Manganese: 0.73mg (36.38%), Vitamin C: 16.72mg (20.27%), Vitamin A: 929.26IU (18.59%), Vitamin E: 2.74mg (18.26%), Vitamin B2: 0.31mg (18.13%), Phosphorus: 179.48mg (17.95%), Calcium: 169.99mg (17%), Copper: 0.3mg (15.13%), Vitamin B6: 0.27mg (13.47%), Folate: 49.84µg (12.46%), Vitamin K: 11.56µg (11.01%), Fiber: 2.68g (10.73%), Magnesium: 39.38mg (9.85%), Zinc: 1.48mg (9.83%), Selenium: 5.91µg (8.44%), Vitamin B1: 0.12mg (8.08%), Vitamin B12: 0.48µg (7.99%), Iron: 1.36mg (7.57%), Potassium: 234.19mg (6.69%), Vitamin B5: 0.52mg (5.17%), Vitamin B3: 1.02mg (5.08%)