



## Cranberry and Feta Salad with Dijon Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 Tbsp heinz balsamic vinegar
- 1 tsp grey poupon dijon mustard
- 1 cup cranberries dried
- 0.3 cup olive oil extra virgin
- 4 oz athenos feta cheese crumbled traditional
- 0.3 tsp ground pepper black
- 1 Tbsp honey

- 10 oz salad greens mixed
- 0.5 cup planters walnuts toasted chopped

## 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:14.22, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:3.2330434613902%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 111.7kcal (5.58%), Fat: 7.88g (12.13%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.44g (8.27%), Cholesterol: 6.73mg (2.24%), Sodium: 95.87mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.19mg (9.7%), Vitamin C: 4.46mg (5.41%), Vitamin A: 247.8IU (4.96%), Vitamin E: 0.73mg (4.87%), Vitamin B2: 0.08mg (4.83%), Phosphorus: 47.86mg (4.79%), Calcium: 45.33mg (4.53%), Copper: 0.08mg (4.04%), Vitamin B6: 0.07mg (3.59%), Folate: 13.29µg (3.32%), Vitamin K: 3.08µg (2.94%), Fiber: 0.72g (2.86%), Magnesium: 10.5mg (2.63%), Zinc: 0.39mg (2.62%), Selenium: 1.58µg (2.25%), Vitamin B1: 0.03mg (2.16%), Vitamin B12: 0.13µg (2.13%), Iron: 0.36mg (2.02%), Potassium: 62.45mg (1.78%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.27mg (1.35%)