



Cranberry-Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 cups cranberries dried
- ☐ 2 large granny smith apples coarsely chopped
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 1 head romaine lettuce
- ☐ 3 tablespoons sugar

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1 cup walnuts chopped

Equipment

☐

bowl

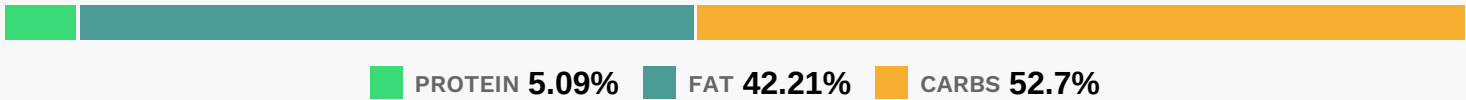
☐

whisk

Directions

- ☐
- Whisk together lime juice and mustard. Gradually whisk in oil.
- ☐
- Place apples, walnuts, and green onions in a bowl.
- ☐
- Pour dressing over apple mixture; toss to coat. Cover and chill 2 hours.
- ☐
- Sprinkle sugar over cranberries, and toss to coat.
- ☐
- Add to apple mixture, and toss. Line a serving platter with lettuce; top with salad.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:10.86, Inflammation Score:-10, Nutrition Score:25.845651999764%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg

Nutrients (% of daily need)

Calories: 503.67kcal (25.18%), Fat: 25.76g (39.62%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 72.37g (24.12%), Net Carbohydrates: 61.73g (22.45%), Sugar: 56.51g (62.79%), Cholesterol: 0mg (0%), Sodium: 45.34mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin A: 13765.05IU (275.3%), Vitamin K: 183.38µg (174.65%), Manganese: 1.42mg (71.14%), Folate: 249.77µg (62.44%), Fiber: 10.63g (42.53%), Copper: 0.61mg (30.43%), Magnesium: 78.57mg (19.64%), Potassium: 687.13mg (19.63%), Vitamin C: 15.3mg (18.54%), Vitamin B6: 0.34mg (17.21%), Phosphorus: 170.12mg (17.01%), Vitamin B1: 0.25mg (16.49%), Vitamin E: 2.4mg (16%), Iron: 2.85mg (15.86%), Vitamin B2: 0.2mg (11.76%), Calcium: 98.36mg (9.84%), Zinc: 1.4mg (9.34%), Vitamin B3: 1.23mg (6.13%), Vitamin B5: 0.58mg (5.77%), Selenium: 3.28µg (4.69%)