



Cranberry Crunch Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon celery seed
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons cranberries dried
- ☐ 8 large leaves endive
- ☐ 0.5 apple green cored peeled finely chopped
- ☐ 1 teaspoon honey
- ☐ 0.5 juice of lemon
- ☐ 1 tablespoon mayonnaise reduced-fat

- ☐ 1 tablespoon nonfat greek yogurt plain
- ☐ 4 teaspoons pecans finely chopped
- ☐ 1 cup cabbage shredded red finely

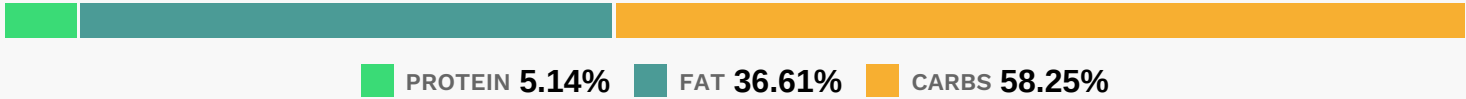
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a small cast-iron skillet over medium heat. Toast pecans and celery seed, stirring constantly, until fragrant, 1 to 2 minutes.
- ☐ Combine mayonnaise, yogurt, honey, juice and vinegar in a bowl; season with salt and pepper.
- ☐ Add pecans, celery seed, cabbage, apple and cranberries; toss well to coat.
- ☐ Place 2 tablespoons salad on each endive leaf.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:2.1786956411341%

Flavonoids

Cyanidin: 23.76mg, Cyanidin: 23.76mg, Cyanidin: 23.76mg, Cyanidin: 23.76mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 43.92kcal (2.2%), Fat: 1.94g (2.98%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.99g (2.18%), Sugar: 5.31g (5.9%), Cholesterol: 0.37mg (0.12%), Sodium: 18.92mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 7.7mg (9.33%), Vitamin K: 8.1µg (7.72%), Manganese: 0.15mg (7.29%), Fiber: 0.94g (3.77%), Vitamin A: 154.53IU (3.09%), Vitamin B6: 0.04mg (1.83%), Copper: 0.03mg (1.73%), Potassium: 60.2mg (1.72%), Vitamin B1: 0.02mg (1.65%), Magnesium: 5.81mg (1.45%), Phosphorus: 14.2mg (1.42%), Vitamin B2: 0.02mg (1.24%), Vitamin E: 0.19mg (1.24%), Iron: 0.22mg (1.21%), Folate: 4.8µg (1.2%), Calcium: 11.53mg (1.15%)