



Cranberry-Nectarine Salad

READY IN



16 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup cranberries dried
- ☐ 4 oz feta cheese crumbled
- ☐ 1 tablespoon brown sugar light
- ☐ 3 large nectarines peeled cut in wedges
- ☐ 3 oz oriental-flavored ramen noodle soup mix
- ☐ 2 tablespoons rice wine vinegar
- ☐ 10 oz gourmet salad greens mixed washed

- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 1 cup water hot

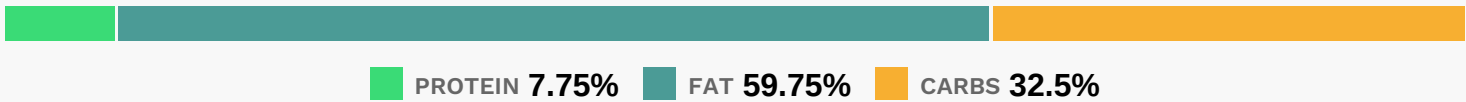
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Reserve flavor packet from soup mix. Crumble noodles, and place in a single layer in a shallow pan.
- ☐ Bake at 350 for 5 to 6 minutes or until toasted, stirring occasionally. Cool completely in pan on a wire rack (about 15 minutes).
- ☐ Place cranberries in a small bowl; add 1 cup hot water.
- ☐ Let stand 5 minutes; drain.
- ☐ Whisk together reserved flavor packet, canola oil, and next 4 ingredients in a large bowl.
- ☐ Add ramen noodles, cranberries, gourmet greens, and next 3 ingredients, tossing gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:11.19, Inflammation Score:-8, Nutrition Score:17.6430435077%

Flavonoids

Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 554.71kcal (27.74%), Fat: 38.17g (58.72%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 42.65g (15.51%), Sugar: 25.13g (27.93%), Cholesterol: 25.23mg (8.41%), Sodium: 1047.94mg (45.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.29%), Manganese: 0.86mg (43.05%), Vitamin E: 4.77mg (31.82%), Vitamin A: 1318.68IU (26.37%), Vitamin B1: 0.38mg (25.2%), Vitamin C: 20.12mg (24.39%), Phosphorus: 238.53mg (23.85%), Vitamin B2: 0.39mg (23.2%), Copper: 0.44mg (21.95%), Folate: 81.51µg (20.38%), Calcium: 180.98mg (18.1%), Vitamin K: 18.92µg (18.02%), Vitamin B3: 3.28mg (16.39%), Fiber: 4.06g (16.25%), Vitamin B6: 0.32mg (15.96%), Magnesium: 56.02mg (14%), Iron: 2.51mg (13.93%), Zinc: 1.89mg (12.61%), Potassium: 425.38mg (12.15%), Selenium: 7.58µg (10.83%), Vitamin B12: 0.53µg (8.87%), Vitamin B5: 0.77mg (7.71%)