



## Crisp Apple and Sausage Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup baby arugula leaves washed and dried
- 0.5 cup cheese blue crumbled
- 12 ounce chicken apple sausage sliced in 1/2 inch rounds
- 1 teaspoon dijon mustard
- 1 small apples i use 2 granny smith apples cored sliced
- 8 cups field greens mixed washed and dried
- 6 servings kosher salt and ground pepper black to taste
- 0.3 cup juice of lemon fresh

- 0.3 cup olive oil extra-virgin
- 0.5 cup pecans toasted
- 1 small onion red thinly sliced

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place 2 teaspoons olive oil in a skillet and heat over medium heat. Stir in the sausage; cook until browned, about 5 minutes. Set aside to cool.
- Place the apple slices in a bowl, and sprinkle with 1 tablespoon lemon juice. Set aside.
- To make the dressing, whisk together 1/3 cup olive oil, Dijon mustard, 1/3 cup lemon juice, salt, and pepper in a bowl until creamy.
- Place the field greens and arugula leaves in a salad bowl; toss together.
- Mix in the red onion, pecans, blue cheese, and apple slices.
- Pour the lemon dressing over the salad mixture, and toss to coat evenly.
- Add the sausage, and toss again.

## Nutrition Facts

 PROTEIN 14.22%  FAT 72.5%  CARBS 13.28%

## Properties

Glycemic Index:32, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:8.4939130544662%

## Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate:

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## **Nutrients (% of daily need)**

Calories: 349.55kcal (17.48%), Fat: 29.35g (45.15%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.24g (3.72%), Sugar: 4.85g (5.39%), Cholesterol: 48.47mg (16.16%), Sodium: 734.72mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Vitamin C: 21.51mg (26.07%), Manganese: 0.51mg (25.58%), Vitamin A: 991.3IU (19.83%), Vitamin E: 1.96mg (13.06%), Vitamin K: 12.21µg (11.63%), Phosphorus: 99.11mg (9.91%), Folate: 35.85µg (8.96%), Calcium: 85.05mg (8.5%), Copper: 0.15mg (7.53%), Fiber: 1.85g (7.42%), Iron: 1.28mg (7.11%), Potassium: 236.66mg (6.76%), Vitamin B1: 0.09mg (6.18%), Magnesium: 24.46mg (6.12%), Vitamin B6: 0.12mg (6.02%), Vitamin B2: 0.1mg (5.73%), Zinc: 0.86mg (5.7%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.56µg (3.66%), Vitamin B3: 0.58mg (2.88%), Vitamin B12: 0.14µg (2.29%)