







 31%
HEALTH SCORE

Crisp Winter Salad with Maple Gorgonzola Dressing

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

4

CALORIES

679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup broccoli julienned peeled (1 inch long)
- 1 cup celery julienned (1 inch long)
- 2 tablespoons apple cider vinegar
- 2 teaspoons dijon mustard
- 8 ounces gorgonzola crumbled
- 1 cup jicama julienned peeled (1 inch long)
- 1 teaspoon kosher salt

- 1 cup cream sour low-fat
- 2 tablespoons maple syrup
- 4 servings olive oil
- 1 cup radishes julienned (1 small bag or 10 radishes)
- 1 cup apple green red julienned (2 apples, and)
- 2 cups the of 1 cos lettuce thinly sliced
- 2 cups savoy cabbage julienned
- 1 cup walnut pieces toasted chopped
- 1 teaspoon pepper white freshly ground

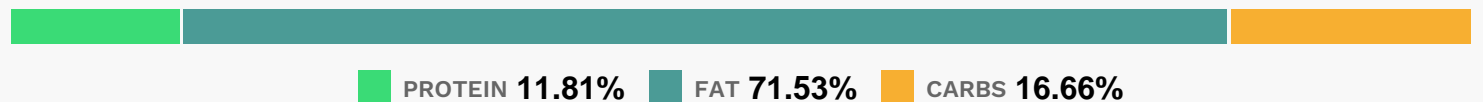
Equipment

- bowl
- whisk

Directions

- In a large bowl, toss the salad ingredients. In a medium bowl, whisk the sour cream, oil, vinegar, mustard, maple syrup, salt, and pepper until smooth.
- Add the cheese and mix with a fork to combine without mashing the cheese. There should be visible chunks in the dressing.
- Add the walnuts to the salad, then add the dressing and toss to combine.
- Serve.

Nutrition Facts



Properties

Glycemic Index:82.63, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:29.070869565217%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin:

0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Taste

Sweetness: 42.23%, Saltiness: 94.35%, Sourness: 58.52%, Bitterness: 68.8%, Savoriness: 45.37%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 678.94kcal (33.95%), Fat: 55.83g (85.9%), Saturated Fat: 18.19g (113.71%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 21.98g (7.99%), Sugar: 13.2g (14.67%), Cholesterol: 62.65mg (20.88%), Sodium: 1359.23mg (59.1%), Protein: 20.74g (41.47%), Vitamin K: 78.85µg (75.1%), Manganese: 1.48mg (74.24%), Vitamin A: 3233.32IU (64.67%), Calcium: 472.24mg (47.22%), Vitamin C: 35.69mg (43.26%), Phosphorus: 415.79mg (41.58%), Folate: 143.69µg (35.92%), Vitamin B2: 0.54mg (31.83%), Copper: 0.59mg (29.51%), Fiber: 7.27g (29.09%), Magnesium: 95.69mg (23.92%), Potassium: 817.1mg (23.35%), Vitamin B6: 0.43mg (21.69%), Zinc: 3.17mg (21.12%), Vitamin E: 2.99mg (19.96%), Selenium: 13.5µg (19.28%), Vitamin B12: 0.93µg (15.55%), Vitamin B5: 1.49mg (14.89%), Vitamin B1: 0.22mg (14.7%), Iron: 2.12mg (11.76%), Vitamin B3: 1.47mg (7.33%), Vitamin D: 0.4µg (2.66%)