



Fall Salad with Apples, Walnuts, and Stilton

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 2 cups belgian endive thinly sliced (2 heads)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 apricots dried finely chopped
- ☐ 1 apples i use 2 granny smith apples cored thinly sliced
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 ounce pancetta very thin
- ☐ 2 cups torn leaf lettuce leaves green
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 ounce stilton cheese thinly sliced
- ☐ 0.3 cup walnuts coarsely chopped
- ☐ 1.5 tablespoons citrus champagne vinegar

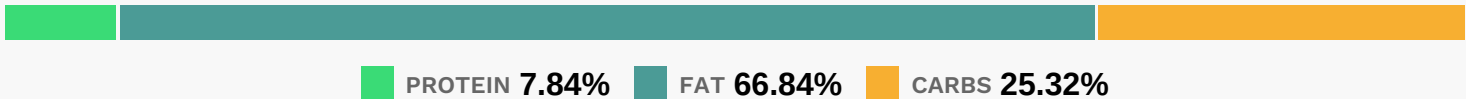
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 6 ingredients in a blender. With blender on, slowly add oil; process until well combined. Stir in salt and pepper.
- ☐ Combine lettuce and remaining ingredients in a large bowl; add apricot mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:72.67, Glycemic Load:4.78, Inflammation Score:-9, Nutrition Score:13.407826130805%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg,

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.43mg, Kaempferol: 12.43mg, Kaempferol: 12.43mg, Kaempferol: 12.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 263.48kcal (13.17%), Fat: 20.56g (31.64%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 13.43g (4.88%), Sugar: 11.51g (12.79%), Cholesterol: 9.99mg (3.33%), Sodium: 305.05mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Vitamin K: 69.2µg (65.9%), Vitamin A: 2343.23IU (46.86%), Manganese: 0.5mg (25.18%), Folate: 70.95µg (17.74%), Fiber: 4.1g (16.38%), Vitamin C: 12.15mg (14.73%), Vitamin E: 1.98mg (13.22%), Calcium: 123.56mg (12.36%), Potassium: 416.92mg (11.91%), Phosphorus: 108.62mg (10.86%), Magnesium: 42.24mg (10.56%), Copper: 0.2mg (10.17%), Vitamin B6: 0.17mg (8.25%), Vitamin B1: 0.12mg (7.7%), Iron: 1.32mg (7.32%), Vitamin B2: 0.12mg (6.95%), Zinc: 0.83mg (5.53%), Selenium: 3.66µg (5.23%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 0.8mg (4.01%), Vitamin B12: 0.12µg (2.03%)