



 **80%**
HEALTH SCORE

Farmers' Market Salad

 **Gluten Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



10

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 oz cheese such as point reyes blue crumbled
- 1.5 teaspoons dijon mustard
- 2 cups flame grapes red cut in half
- 0.5 cup olive oil extra-virgin
- 4 quarts crisped salad greens rinsed
- 1 teaspoon shallots minced
- 3 tablespoons sherry vinegar
- 1 cup walnut halves toasted

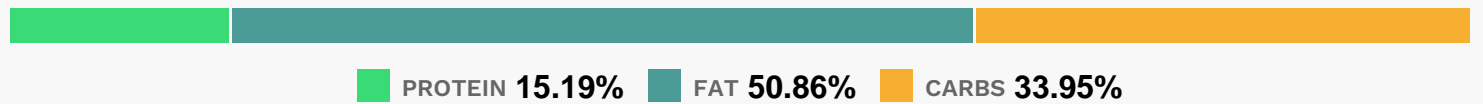
Equipment

- bowl
- whisk

Directions

- In a salad bowl, whisk together 1/2 cup extra-virgin olive oil, 3 tablespoons sherry vinegar, 1 1/2 teaspoons Dijon mustard, and 1 teaspoon minced shallot.
- Add 4 quarts rinsed and crisped salad greens; 2 cups red flame grapes, cut in half; 1 cup toasted walnut halves; and 1 cup crumbled blue cheese (3 oz.) such as Point Reyes.
- Mix gently to coat, adding salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:21.046956439381%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 213.17kcal (10.66%), Fat: 13.02g (20.03%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 18.46g (6.71%), Sugar: 5.04g (5.6%), Cholesterol: 8.5mg (2.83%), Sodium: 163.56mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin C: 88.98mg (107.86%), Vitamin A: 4408.26IU (88.17%), Manganese: 0.98mg (49.2%), Folate: 154.04µg (38.51%), Phosphorus: 234.4mg (23.44%), Potassium: 770.49mg (22.01%), Copper: 0.42mg (20.88%), Vitamin B6: 0.4mg (19.94%), Magnesium: 65.12mg (16.28%), Iron: 2.89mg (16.08%), Vitamin B2: 0.27mg (15.65%), Calcium: 124.66mg (12.47%), Vitamin B1: 0.18mg (11.89%), Vitamin B3: 2.28mg (11.39%), Zinc: 1.5mg (9.98%), Selenium: 4.78µg (6.83%), Vitamin K: 6.24µg (5.95%), Vitamin B5: 0.57mg (5.74%), Fiber: 1.09g (4.38%), Vitamin E: 0.52mg (3.45%), Vitamin B12: 0.09µg (1.5%)