



Festive Apple-Cranberry Salad

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 0.5 cup cranberries dried
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup real mayo mayonnaise kraft
- 1 cup planters pecans toasted coarsely chopped
- 1 apples green red coarsely chopped
- 8 cups romaine lettuce coarsely chopped

Equipment

bowl

Directions

Mix mayo and dressing until blended.

Add to apples in medium bowl; mix lightly.

Spoon into large straight-sided clear bowl; top with layers of all remaining ingredients except nuts.

Refrigerate 3 hours.

Toss gently just before serving; sprinkle with nuts.

Nutrition Facts

 **PROTEIN 4.83%**  **FAT 77.63%**  **CARBS 17.54%**

Properties

Glycemic Index:7.93, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:7.4982608686323%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 14.99g (23.06%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.96g (2.17%), Sugar: 5.06g (5.62%), Cholesterol: 9.86mg (3.29%), Sodium: 206.72mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin A: 2230.31IU (44.61%), Vitamin K: 38.81µg (36.96%), Manganese: 0.35mg (17.67%), Folate: 38.7µg (9.67%), Fiber: 1.67g (6.66%), Vitamin B2: 0.09mg (5.58%), Phosphorus: 54.5mg (5.45%), Calcium: 52.64mg (5.26%), Vitamin B1: 0.08mg (5.11%), Copper: 0.1mg (5.04%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.07mg (3.58%), Magnesium: 13.77mg (3.44%), Vitamin E: 0.49mg (3.27%), Potassium: 110.12mg (3.15%), Iron: 0.51mg (2.81%), Selenium: 1.68µg (2.4%), Vitamin B12: 0.14µg (2.28%), Vitamin C: 1.64mg (1.99%), Vitamin B5: 0.19mg (1.95%), Vitamin B3: 0.26mg (1.32%)