



Field Greens With Gorgonzola and Grapes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 ounces gorgonzola cheese
- ☐ 2 teaspoons honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.5 cup onion thinly sliced
- ☐ 2 cups grapes green red seedless halved
- ☐ 5 cups gourmet salad greens
- ☐ 0.3 teaspoon salt

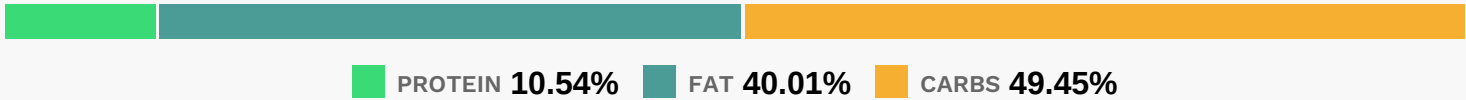
Equipment

- ☐ whisk

Directions

- ☐ Combine 5 cups gourmet salad greens with 2 cups halved seedless red and green grapes, 1/2 cup thinly sliced onion, 1 tablespoon chopped fresh chives, and 1 tablespoon chopped fresh thyme.
- ☐ Whisk 3 tablespoons fresh lemon juice, 2 teaspoons honey, 1/2 teaspoon Dijon mustard, and 1 tablespoon extra-virgin olive oil for the dressing. Gently toss greens with dressing and divide among 4 plates. Crumble 2 ounces Gorgonzola cheese on top.
- ☐ Add 1/2 teaspoon freshly ground black pepper and 1/4 teaspoon salt; toss well.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:5.4, Inflammation Score:-8, Nutrition Score:5.2030434997185%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 110.13kcal (5.51%), Fat: 5.22g (8.04%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 13.58g (4.94%), Sugar: 10.54g (11.71%), Cholesterol: 7.09mg (2.36%), Sodium: 220.73mg (9.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Vitamin C: 15.4mg (18.67%), Vitamin A: 563.11IU (11.26%), Vitamin K: 10.38µg (9.88%), Manganese: 0.15mg (7.54%), Calcium: 69.19mg (6.92%), Phosphorus: 66.44mg (6.64%), Potassium: 217.53mg (6.22%), Vitamin B2: 0.1mg (5.9%), Vitamin B6: 0.11mg (5.56%), Folate: 21.93µg (5.48%), Copper: 0.1mg (5.07%), Iron: 0.71mg (3.96%), Vitamin B1: 0.06mg (3.82%), Fiber: 0.94g (3.77%), Magnesium: 13.76mg (3.44%), Vitamin E: 0.47mg (3.16%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.27mg (2.66%), Selenium: 1.8µg (2.57%), Vitamin B3: 0.43mg (2.14%), Vitamin B12: 0.12µg (1.92%)