






Blue Cheese and Dried Cranberry Tossed Salad

 Vegetarian  Gluten Free

READY IN

20 min.

SERVINGS

6

CALORIES

256 kcal

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Ingredients

- 0.8 cup balsamic vinaigrette
- 0.5 cup cheese blue crumbled
- 0.5 cup cranberries dried
- 0.5 cucumber english sliced
- 0.8 cup grape tomatoes halved
- 0.5 cup pecans toasted chopped
- 4 baby greens chopped

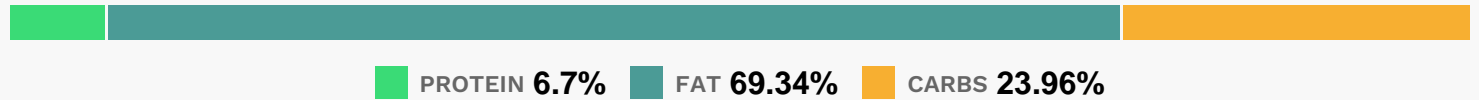
Equipment

bowl

Directions

Layer the romaine lettuce with the cucumber, grape tomatoes, pecans, cranberries, and blue cheese in a large salad bowl. Dress the salad with the balsamic vinaigrette before serving.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:15.384782578634%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 255.91kcal (12.8%), Fat: 20.39g (31.37%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 12.59g (4.58%), Sugar: 10.5g (11.67%), Cholesterol: 8.44mg (2.81%), Sodium: 402.84mg (17.51%), Alcohol: 0g (100%), Protein: 4.43g (8.87%), Vitamin A: 6833.39IU (136.67%), Vitamin K: 84.11µg (80.11%), Folate: 112.86µg (28.22%), Manganese: 0.56mg (27.84%), Fiber: 3.26g (13.03%), Phosphorus: 100.27mg (10.03%), Calcium: 99.75mg (9.98%), Potassium: 334.54mg (9.56%), Vitamin B1: 0.13mg (8.46%), Copper: 0.17mg (8.36%), Vitamin C: 6.38mg (7.73%), Magnesium: 28.82mg (7.2%), Vitamin B2: 0.12mg (6.99%), Iron: 1.13mg (6.3%), Zinc: 0.94mg (6.25%), Vitamin B6: 0.12mg (6.02%), Vitamin B5: 0.48mg (4.76%), Vitamin E: 0.56mg (3.75%), Selenium: 2.38µg (3.4%), Vitamin B3: 0.64mg (3.19%), Vitamin B12: 0.14µg (2.29%)