



Frisée and Apple Salad with Dried Cherries and Walnuts



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 cup cherries dried generous () (one 3-ounce package)
- ☐ 6 cups frisée
- ☐ 1 medium gala apple cored thinly sliced
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons shallots minced

☐ 0.5 cup walnuts toasted coarsely chopped

Equipment

☐ bowl

☐ whisk

Directions

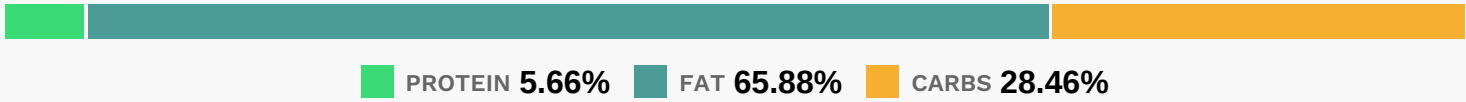
☐ Whisk first 4 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Stir in dried cherries. Toss frisée and apple slices in large bowl.

☐ Add cherry dressing and toss to coat. Divide among 4 plates; sprinkle with walnuts and freshly ground black pepper and serve.

☐ The recipe says to season the dressing to taste, but how do you know when you've added enough salt and pepper? It's easy: Just dip a small piece of lettuce (in this case, frisée) into the dressing and try it out.

☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:19.601304365241%

Flavonoids

Cyanidin: 6.32mg, Cyanidin: 6.32mg, Cyanidin: 6.32mg, Cyanidin: 6.32mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 261.38kcal (13.07%), Fat: 20.38g (31.35%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 14.2g (5.16%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 35.89mg (1.56%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin K: 231.32µg (220.3%), Vitamin A: 4326.48IU (86.53%), Manganese: 0.89mg (44.33%), Vitamin C: 21.92mg (26.57%), Folate: 100.69µg (25.17%), Copper: 0.48mg (24.17%), Vitamin E: 3.41mg (22.7%), Fiber: 5.6g (22.42%), Potassium: 491.49mg (14.04%), Magnesium: 51.31mg (12.83%), Vitamin B5: 1.03mg (10.33%), Vitamin B6: 0.2mg (10.15%), Phosphorus: 98.29mg (9.83%), Calcium: 97.1mg (9.71%), Iron: 1.37mg (7.63%), Vitamin B1: 0.11mg (7.35%), Vitamin B2: 0.12mg (6.91%), Zinc: 0.83mg (5.54%), Vitamin B3: 0.62mg (3.12%), Selenium: 1.05µg (1.5%)