



Garden Bounty Fontina Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula
- ☐ 1.5 cups cherry tomatoes cut in half
- ☐ 6 oz fontina cubed
- ☐ 2 small zucchini sliced cut in half lengthwise, then
- ☐ 2 ears corn fresh sweet cooked
- ☐ 1 small cucumber diced peeled seeded
- ☐ 0.5 cup walnut halves toasted
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons sherry vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper black

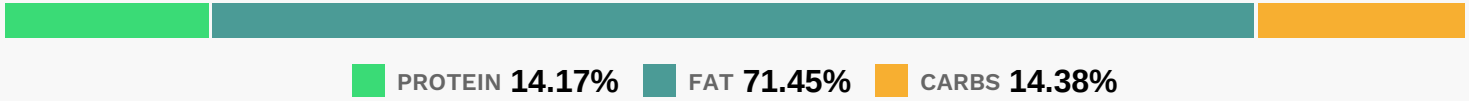
Equipment

- ☐ bowl

Directions

- ☐ In 3-quart bowl, layer salad ingredients in order listed.
- ☐ In small jar with tight-fitting lid, shake dressing ingredients.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Serve immediately. Or, cover and refrigerate salad and dressing separately up to 4 hours; toss salad with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:9.3321738709574%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 18.7g (28.77%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.67g (2.43%), Sugar: 3.86g (4.29%), Cholesterol: 24.66mg (8.22%), Sodium: 269.01mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Manganese: 0.43mg (21.42%), Vitamin C: 15.43mg (18.7%), Vitamin K: 19.32µg (18.4%), Calcium: 152.38mg (15.24%), Phosphorus: 148.97mg (14.9%), Vitamin A: 685.85IU (13.72%), Folate: 41.16µg (10.29%), Copper: 0.19mg (9.69%), Magnesium: 38.56mg (9.64%), Vitamin E:

1.34mg (8.95%), Potassium: 312.1mg (8.92%), Zinc: 1.3mg (8.65%), Vitamin B6: 0.17mg (8.32%), Fiber: 1.79g (7.16%),
Vitamin B2: 0.12mg (6.77%), Vitamin B1: 0.1mg (6.7%), Selenium: 4.25µg (6.07%), Vitamin B12: 0.36µg (5.95%), Iron:
0.95mg (5.25%), Vitamin B5: 0.49mg (4.86%), Vitamin B3: 0.84mg (4.19%)