



Garden Salad with Apple Cider Vinaigrette

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups apple cider
- 2 cups berries: blueberries assorted
- 6 servings pepper black freshly ground
- 1.5 cups cheese blue crumbled
- 0.3 cup cider vinegar
- 1 cinnamon sticks
- 2 granny smith apples cored sliced
- 0.3 cup honey

- 6 cups leaf lettuce mixed green red washed and dried loosely packed
- 2 cups salad oil
- 6 servings salt

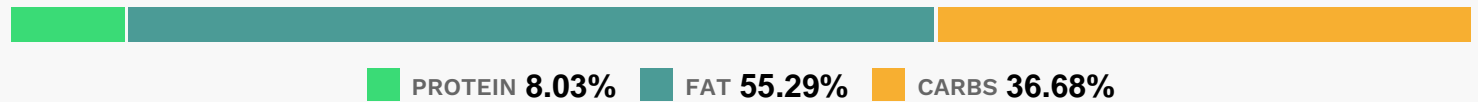
Equipment

- bowl

Directions

- In a bowl or jar with a tight fitting lid combine cider, vinegar, honey, cinnamon, oil, salt and pepper. In a large bowl, toss lettuce, berries, apples, and blue cheese with enough dressing to coat. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:12.11, Inflammation Score:-9, Nutrition Score:13.919565133427%

Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 397.35kcal (19.87%), Fat: 25.22g (38.8%), Saturated Fat: 7.48g (46.77%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 33.81g (12.3%), Sugar: 30.34g (33.71%), Cholesterol: 25.31mg (8.44%), Sodium: 597.41mg

(25.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 66.97µg (63.78%), Vitamin A: 2982.89IU (59.66%), Calcium: 213.18mg (21.32%), Vitamin E: 3.16mg (21.04%), Manganese: 0.4mg (19.98%), Phosphorus: 160.81mg (16.08%), Fiber: 3.84g (15.36%), Vitamin B2: 0.21mg (12.46%), Vitamin C: 8.2mg (9.93%), Potassium: 347mg (9.91%), Vitamin B6: 0.16mg (8.13%), Folate: 31.6µg (7.9%), Vitamin B5: 0.79mg (7.85%), Selenium: 5.39µg (7.7%), Zinc: 1.09mg (7.24%), Vitamin B12: 0.41µg (6.86%), Magnesium: 23.3mg (5.82%), Vitamin B1: 0.08mg (5.24%), Iron: 0.81mg (4.52%), Vitamin B3: 0.89mg (4.43%), Copper: 0.08mg (3.81%), Vitamin D: 0.17µg (1.13%)