



## Gorgonzola and Toasted Walnut Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.7 cup walnut pieces coarsely chopped
- 0.3 cup olive oil
- 2 tablespoons juice of lemon
- 1 clove garlic
- 0.1 teaspoon salt
- 1 Dash pepper
- 8 cups the salad (any variety)
- 2 oz roquefort cheese crumbled

0.5 cup chives fresh

## Equipment

food processor

bowl

frying pan

blender

## Directions

To toast walnuts, cook in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until fragrant and golden brown.

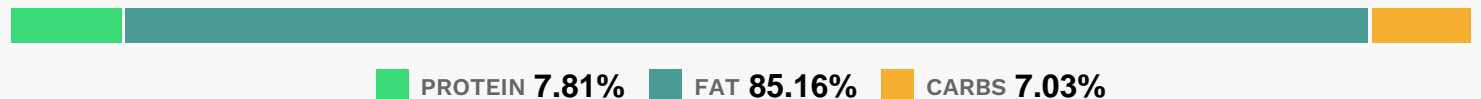
Remove walnuts from skillets and spread on plate to cool slightly.

In blender or food processor, place 1/3 cup toasted walnuts and remaining dressing ingredients. Cover and blend on high speed about 1 minute or until smooth.

In large bowl, toss remaining 1/3 cup toasted walnuts and salad ingredients.

Pour dressing over salad mixture; toss gently until salad is evenly coated.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:8.1452173979386%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 237.39kcal (11.87%), Fat: 23.45g (36.07%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.53g (0.59%), Cholesterol: 8.5mg (2.83%), Sodium: 234mg (10.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.84g (9.68%), Manganese: 0.55mg (27.43%), Vitamin C: 16.57mg (20.08%), Vitamin A: 852.94IU (17.06%), Vitamin K: 14.71µg (14.01%), Vitamin E: 1.83mg (12.23%), Copper: 0.24mg (12.22%), Phosphorus: 105.95mg (10.59%), Folate: 41.62µg (10.41%), Calcium: 86.73mg (8.67%), Magnesium: 31.1mg (7.77%), Vitamin B6: 0.14mg (6.87%), Vitamin B2: 0.11mg (6.28%), Iron: 0.9mg (5.01%), Potassium: 175.04mg (5%), Zinc: 0.74mg (4.92%), Vitamin B1: 0.07mg (4.6%), Fiber: 0.98g (3.94%), Selenium: 2.33µg (3.33%), Vitamin B5: 0.32mg (3.22%), Vitamin B3: 0.54mg (2.69%), Vitamin B12: 0.06µg (1.01%)