



Grape and Almond Mixed Greens Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted coarsely chopped
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon garlic minced
- 1 cup grapes halved
- 0.3 teaspoon kosher salt
- 4 ounces the salad mixed
- 2 tablespoons olive oil
- 2 teaspoons shallots minced

1 ounce sharp cheddar cheese shaved

1 tablespoon sherry vinegar

Equipment

bowl

whisk

Directions

Place olive oil, vinegar, shallot, garlic, salt, and pepper in a medium, nonreactive bowl and whisk to combine.

Place mixed greens, grapes, almonds, and cheese in a large, nonreactive bowl.

Drizzle with dressing and toss to coat.

Serve immediately.

Nutrition Facts

PROTEIN 9.64% FAT 68.82% CARBS 21.54%

Properties

Glycemic Index:43.75, Glycemic Load:3.23, Inflammation Score:-5, Nutrition Score:7.5191304696643%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 192.68kcal (9.63%), Fat: 15.44g (23.76%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 8.97g (3.26%), Sugar: 6.48g (7.2%), Cholesterol: 7.09mg (2.36%), Sodium: 200.59mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Vitamin E: 4.19mg (27.9%), Manganese: 0.37mg

(18.44%), Vitamin B2: 0.21mg (12.27%), Phosphorus: 110.06mg (11.01%), Magnesium: 40.52mg (10.13%), Vitamin C: 8mg (9.7%), Vitamin K: 10.11µg (9.63%), Copper: 0.19mg (9.57%), Calcium: 91.61mg (9.16%), Vitamin A: 418.86IU (8.38%), Fiber: 1.9g (7.6%), Potassium: 221.74mg (6.34%), Zinc: 0.73mg (4.86%), Iron: 0.86mg (4.75%), Folate: 18.35µg (4.59%), Vitamin B6: 0.08mg (4.24%), Vitamin B1: 0.06mg (4.17%), Selenium: 2.72µg (3.88%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.14mg (1.45%), Vitamin B12: 0.08µg (1.25%)