

Grape-Walnut Salad

 Vegetarian  Vegan  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cheese dressing blue
- 1 pound grapes green dry seedless rinsed
- 6 ounces walnut pieces roughly chopped

Equipment

- bowl

Directions

- Place grapes in a large bowl. Stir in the walnuts.
- Pour the blue cheese dressing over the grape mixture and stir until everything is evenly coated. Chill until ready to serve.

Nutrition Facts

PROTEIN 8.52% **FAT 65.25%** **CARBS 26.23%**

Properties

Glycemic Index:8.25, Glycemic Load:4.78, Inflammation Score:-3, Nutrition Score:6.6443479268447%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg

Nutrients (% of daily need)

Calories: 193.34kcal (9.67%), Fat: 15.06g (23.16%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 11.68g (4.25%), Sugar: 9.78g (10.86%), Cholesterol: 0.15mg (0.05%), Sodium: 145.34mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Manganese: 0.77mg (38.31%), Copper: 0.41mg (20.58%), Phosphorus: 97.62mg (9.76%), Magnesium: 38.63mg (9.66%), Vitamin K: 9.68µg (9.22%), Vitamin B6: 0.17mg (8.3%), Fiber: 1.93g (7.74%), Vitamin B1: 0.11mg (7.65%), Potassium: 202.83mg (5.8%), Folate: 22.43µg (5.61%), Vitamin B2: 0.09mg (5.11%), Iron: 0.9mg (5%), Zinc: 0.74mg (4.9%), Calcium: 40.13mg (4.01%), Vitamin C: 2.14mg (2.59%), Vitamin E: 0.29mg (1.97%), Selenium: 1.34µg (1.92%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.15mg (1.5%)