



Green apple salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 shallots finely sliced
- ☐ 1 tbsp vegetable oil
- ☐ 5 sharp apples green such as granny smiths, cored and cut into thin strips
- ☐ 1 tbsp juice of lime
- ☐ 6 cherry tomatoes cut into quarters
- ☐ 2 tbsp roasted peanuts dry crushed
- ☐ 1 handful coriander leaves chopped
- ☐ 1 garlic clove finely chopped

- ☐ 1 chilli red seeded finely chopped
- ☐ 1 tsp sugar
- ☐ 1 tbsp fish sauce
- ☐ 2 juice of lime

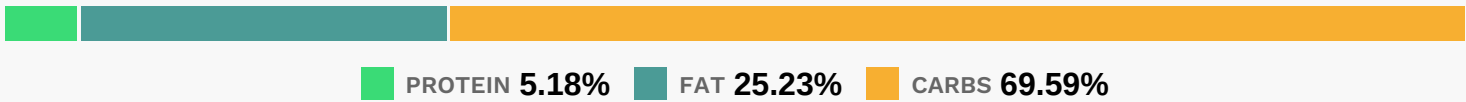
Equipment

- ☐ food processor
- ☐ slotted spoon

Directions

- ☐ To make the dressing, whizz together the garlic, chilli and sugar in a food processor to make a rough paste.
- ☐ Add the fish sauce and lime juice, then season to taste.
- ☐ Fry the shallots in the oil for around 5 mins or until they are crisp and golden brown. Then remove with a slotted spoon and drain on kitchen paper. Toss the apple in the lime juice, then mix with the tomatoes and dressing. Spoon onto plates and top with the peanuts, crisp shallots and coriander.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:9.98, Inflammation Score:-6, Nutrition Score:9.2652172938637%

Flavonoids

Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.13mg, Epicatechin: 17.13mg, Epicatechin: 17.13mg, Epicatechin: 17.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg

Luteolin: 0.28mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 6.39g (9.83%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 32.9g (11.96%), Sugar: 27.66g (30.74%), Cholesterol: 0mg (0%), Sodium: 382.32mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 39.6mg (48%), Fiber: 6.75g (26.98%), Vitamin K: 16.87µg (16.07%), Manganese: 0.3mg (14.94%), Vitamin B6: 0.27mg (13.63%), Potassium: 451.83mg (12.91%), Magnesium: 37.6mg (9.4%), Vitamin A: 432.61IU (8.65%), Vitamin E: 1.23mg (8.18%), Copper: 0.14mg (6.97%), Vitamin B3: 1.37mg (6.87%), Phosphorus: 67.22mg (6.72%), Folate: 26.64µg (6.66%), Vitamin B2: 0.09mg (5.58%), Vitamin B1: 0.08mg (5.23%), Iron: 0.87mg (4.86%), Vitamin B5: 0.34mg (3.39%), Calcium: 32.15mg (3.22%), Zinc: 0.38mg (2.55%), Selenium: 1.35µg (1.93%)