



## Green Grape Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



538 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large banana firm sliced
- 1 cup grapes green halved
- 2 teaspoons honey
- 3 tablespoons mayonnaise
- 0.3 cup salad dressing blue
- 0.5 cup walnut pieces chopped

### Equipment

- bowl

whisk

## Directions

In a small bowl, combine the grapes, banana and walnuts. In a small bowl, whisk the salad dressing, mayonnaise and honey; pour over grape mixture and toss to coat. Chill until serving.

## Nutrition Facts

    
 PROTEIN **4.29%**  FAT **65.63%**  CARBS **30.08%**

## Properties

Glycemic Index:111.53, Glycemic Load:16.98, Inflammation Score:-5, Nutrition Score:14.610869508723%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 538.49kcal (26.92%), Fat: 41.32g (63.57%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 38.2g (13.89%), Sugar: 29.8g (33.11%), Cholesterol: 8.82mg (2.94%), Sodium: 428.1mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Manganese: 1.25mg (62.6%), Vitamin K: 62.83µg (59.84%), Copper: 0.63mg (31.3%), Vitamin B6: 0.49mg (24.69%), Magnesium: 71.68mg (17.92%), Fiber: 4.42g (17.68%), Potassium: 549.15mg (15.69%), Phosphorus: 140.36mg (14.04%), Vitamin B1: 0.18mg (12.06%), Vitamin E: 1.75mg (11.66%), Folate: 44.97µg (11.24%), Vitamin C: 8.86mg (10.75%), Vitamin B2: 0.15mg (9%), Iron: 1.45mg (8.05%), Zinc: 1.13mg (7.51%), Vitamin B3: 0.97mg (4.84%), Selenium: 3.32µg (4.74%), Vitamin B5: 0.47mg (4.72%), Calcium: 45.53mg (4.55%), Vitamin A: 123.43IU (2.47%)