



Green Salad with Apples and Maple-Walnut Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apples (2-inch)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons maple syrup
- ☐ 6 cups the salad
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons walnut oil

☐ 2 teaspoons dijon mustard

Equipment

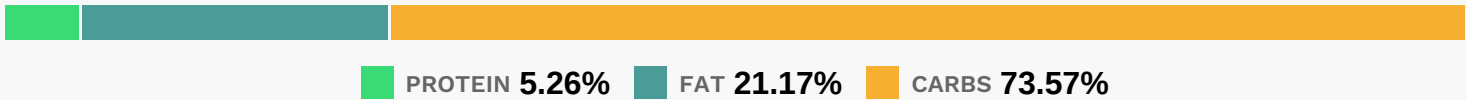
☐ bowl

☐ whisk

Directions

- ☐ Combine salad greens and apple in a large bowl.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:4.4078260841577%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 69.41kcal (3.47%), Fat: 1.69g (2.6%), Saturated Fat: 0.16g (1%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.35g (4.49%), Sugar: 9.31g (10.35%), Cholesterol: 0mg (0%), Sodium: 117.38mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin C: 15.42mg (18.69%), Manganese: 0.36mg (17.98%), Vitamin A: 726.26IU (14.53%), Vitamin B2: 0.17mg (9.84%), Folate: 23.38µg (5.84%), Potassium: 169.64mg (4.85%), Fiber: 0.87g (3.5%), Vitamin B6: 0.06mg (3.2%), Phosphorus: 30.32mg (3.03%), Magnesium: 11.93mg (2.98%), Iron: 0.49mg (2.7%), Vitamin B1: 0.03mg (2.32%), Calcium: 22.81mg (2.28%), Copper: 0.04mg (2.06%), Vitamin B3: 0.39mg (1.93%), Selenium: 1.1µg (1.58%), Zinc: 0.23mg (1.53%)