



Green Salad with Apples and Toasted Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon dijon mustard
- 2 granny smith cored halved thinly sliced
- 8 cups salad greens mixed
- 0.3 cup olive oil
- 8 servings salt and pepper
- 2 tablespoons shallots minced
- 1 teaspoon sugar
- 0.5 cup walnut pieces

0.3 cup citrus champagne vinegar

Equipment

bowl

baking sheet

oven

whisk

Directions

Preheat oven to 350F.

Spread walnut pieces on a rimmed baking sheet.

Bake walnuts for 5 to 8 minutes, stirring every 2 minutes, until just toasted.

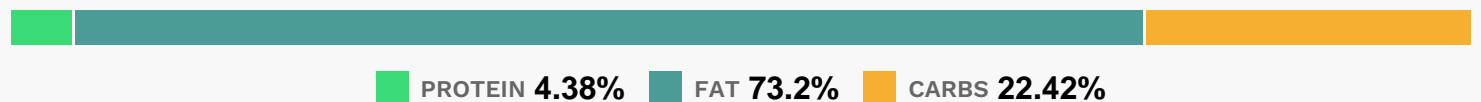
Pour into a bowl to cool.

Place apples in a bowl and toss with 1 Tbsp. vinegar. In a small bowl, whisk together remaining vinegar, mustard, shallot and sugar; season with salt and pepper.

Whisking constantly, drizzle in olive oil and continue to whisk until smoothly blended.

Place salad greens, apples and walnuts in a large bowl. Toss with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:5.0378260508828%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 163.73kcal (8.19%), Fat: 13.94g (21.45%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 7.86g (2.86%), Sugar: 5.65g (6.27%), Cholesterol: 0mg (0%), Sodium: 226.5mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Manganese: 0.34mg (17.17%), Vitamin C: 11.71mg (14.2%), Vitamin A: 481.86IU (9.64%), Vitamin E: 1.44mg (9.58%), Copper: 0.15mg (7.65%), Fiber: 1.74g (6.97%), Vitamin K: 6.66µg (6.35%), Folate: 24.31µg (6.08%), Phosphorus: 50.03mg (5%), Magnesium: 19.96mg (4.99%), Vitamin B6: 0.1mg (4.99%), Potassium: 163.95mg (4.68%), Iron: 0.67mg (3.7%), Vitamin B1: 0.05mg (3.31%), Vitamin B2: 0.04mg (2.63%), Zinc: 0.35mg (2.35%), Vitamin B3: 0.36mg (1.79%), Calcium: 17.87mg (1.79%), Selenium: 1.19µg (1.7%), Vitamin B5: 0.13mg (1.3%)