



Green Salad with Celery, Walnuts and Cranberries



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1.5 cups celery sliced (3 ribs)
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup cranberries dried
- ☐ 1 tablespoon grainy mustard
- ☐ 1 tablespoon honey
- ☐ 10 cup greens mixed

- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted

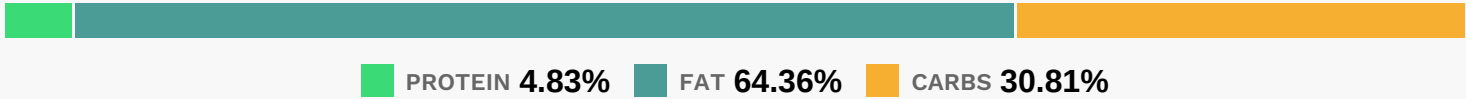
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk cider, vinegar, honey and mustard. Slowly whisk in oil.
- ☐ Add salt and pepper.
- ☐ Place greens, celery, cranberries and walnuts in a bowl. Toss with just enough dressing to lightly coat. Pass remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:5.6739130331122%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 155.72kcal (7.79%), Fat: 11.74g (18.07%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.34g (4.12%), Sugar: 8.87g (9.85%), Cholesterol: 0mg (0%), Sodium: 195.56mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Manganese: 0.41mg (20.25%), Vitamin C: 12.38mg (15.01%),

Vitamin A: 656.24IU (13.12%), Vitamin K: 10.52µg (10.02%), Vitamin E: 1.24mg (8.28%), Folate: 32.68µg (8.17%), Copper: 0.16mg (7.87%), Potassium: 189.2mg (5.41%), Phosphorus: 53.29mg (5.33%), Magnesium: 21.25mg (5.31%), Fiber: 1.31g (5.24%), Vitamin B6: 0.1mg (4.98%), Iron: 0.7mg (3.92%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.39mg (2.58%), Calcium: 24.81mg (2.48%), Vitamin B3: 0.48mg (2.39%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.18mg (1.77%)