



Greens with Chèvre and Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blueberries rinsed drained
- ☐ 4 ounces goat cheese fresh crumbled (goat)
- ☐ 2 tablespoons apricot dried chopped
- ☐ 0.7 cup cranberries dried
- ☐ 0.3 cup olive oil extra virgin plain extra-virgin
- ☐ 6 tablespoons rice vinegar
- ☐ 12 oz the salad rinsed
- ☐ 10 servings salt and pepper

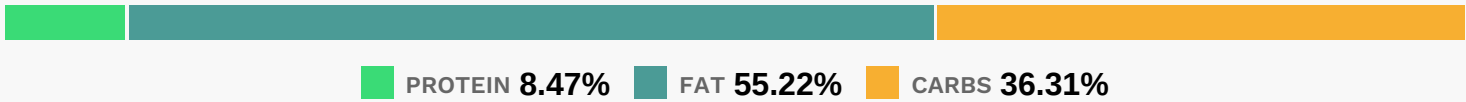
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ microwave

Directions

- ☐ In a 2-cup glass measure or small microwave-safe bowl, combine 2 tablespoons cranberries, apricots, and vinegar.
- ☐ Heat in a microwave oven at full power (100%) until steaming, about 1 minute.
- ☐ Let stand at room temperature or chill until cool.
- ☐ In a blender or food processor, whirl fruit mixture until smooth.
- ☐ Pour puree back into glass measure; add oil and whisk to blend.
- ☐ Put greens in a wide, shallow bowl.
- ☐ Add 2/3 of the vinaigrette and mix gently to coat. Scatter cheese, blueberries, and remaining cranberries evenly over greens.
- ☐ Drizzle with remaining vinaigrette.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:3.973478221375%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.25mg, Delphinidin: 5.25mg, Delphinidin: 5.25mg, Delphinidin: 5.25mg

Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 125.3kcal (6.26%), Fat: 7.97g (12.26%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 10.79g (3.92%), Sugar: 9.02g (10.03%), Cholesterol: 5.22mg (1.74%), Sodium: 245.51mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin A: 618.18IU (12.36%), Vitamin C: 9.37mg (11.36%), Vitamin E: 1.18mg (7.87%), Manganese: 0.15mg (7.26%), Vitamin K: 7.02µg (6.68%), Copper: 0.12mg (6.22%), Phosphorus: 47.2mg (4.72%), Vitamin B2: 0.07mg (4.15%), Fiber: 1g (4%), Folate: 15.13µg (3.78%), Vitamin B6: 0.07mg (3.53%), Iron: 0.62mg (3.42%), Potassium: 111.41mg (3.18%), Calcium: 24.29mg (2.43%), Vitamin B3: 0.42mg (2.09%), Magnesium: 7.82mg (1.95%), Vitamin B5: 0.17mg (1.69%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.22mg (1.47%)