



Grilled Apple Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz baby spinach washed
- ☐ 8 servings brown sugar-cider vinaigrette
- ☐ 1.5 lb gala apples
- ☐ 1 cup pecan halves
- ☐ 8 servings salt and pepper to taste
- ☐ 5 oz spring greens mix washed
- ☐ 3 ounces cheddar cheese white extra-sharp shaved

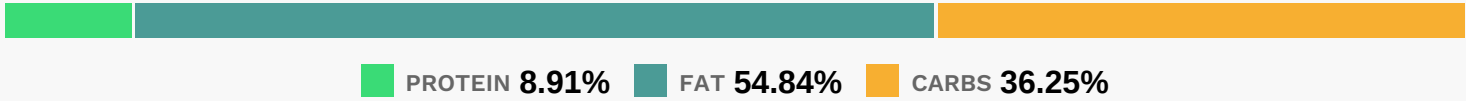
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring after 4 minutes.
- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Cut apples crosswise into 1/4-inch-thick rings, cutting from one side through the other.
- ☐ Grill apple rings, covered with grill lid, 2 to 3 minutes on each side or until crisp-tender. Arrange spinach and spring greens mix on a serving platter; top with apples, cheese, and toasted pecans. Season with salt and pepper to taste.
- ☐ Serve with Brown Sugar-Cider Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:14.775652152041%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 6.51mg, Epicatechin: 6.51mg, Epicatechin: 6.51mg, Epicatechin: 6.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 196.04kcal (9.8%), Fat: 12.76g (19.64%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 15.29g (5.56%), Sugar: 13.34g (14.82%), Cholesterol: 10.63mg (3.54%), Sodium: 286.69mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin K: 105.26µg (100.24%), Vitamin A: 2354.41IU (47.09%), Manganese: 0.81mg (40.38%), Vitamin C: 14.13mg (17.13%), Fiber: 3.7g (14.79%), Folate: 55.35µg (13.84%), Calcium: 115.72mg (11.57%), Phosphorus: 109.81mg (10.98%), Copper: 0.21mg (10.68%), Magnesium: 41.21mg (10.3%), Potassium: 304.4mg (8.7%), Vitamin B1: 0.12mg (8.07%), Vitamin B2: 0.13mg (7.89%), Zinc: 1.14mg (7.58%), Iron: 1.15mg (6.39%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.84mg (5.58%), Selenium: 3.81µg (5.44%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.48mg (2.42%), Vitamin B12: 0.11µg (1.88%)