



Grilled Apple Salad with Vanilla Yogurt

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter melted
- 0.5 teaspoon ground cinnamon
- 3 large apples cored cut into 1/2-inch slices
- 4 cups the salad
- 10.6 oz vanilla yogurt
- 2 tablespoons walnut pieces toasted chopped
- 1 serving ground cinnamon

Equipment

bowl

grill

Directions

Heat gas or charcoal grill.

In large bowl, mix melted butter and 1/2 teaspoon cinnamon.

Add apple slices; stir until apples are well coated.

Place apples on grill over medium heat. Cover grill; cook apples 5 minutes. Turn apples; grill 3 to 5 minutes longer or until apples are desired tenderness.

Divide greens evenly among 4 serving plates. Divide apples evenly over greens. Top each with half a container (about 1/4 cup) yogurt.

Sprinkle with walnuts and additional cinnamon.

Nutrition Facts



PROTEIN 8.51% **FAT 35.59%** **CARBS 55.9%**

Properties

Glycemic Index:28, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:9.2134782542353%

Flavonoids

Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 241.97kcal (12.1%), Fat: 10.2g (15.69%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 31.28g (11.38%), Sugar: 27.91g (31.01%), Cholesterol: 18.81mg (6.27%), Sodium: 106.84mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 17.67mg (21.42%), Manganese: 0.42mg (21.1%), Fiber: 4.75g (18.99%), Calcium: 157.8mg (15.78%), Phosphorus: 154.88mg (15.49%), Vitamin A:

755.16IU (15.1%), Vitamin B2: 0.22mg (13.22%), Potassium: 439.25mg (12.55%), Magnesium: 33.27mg (8.32%), Folate: 33.24µg (8.31%), Vitamin B6: 0.16mg (8.13%), Copper: 0.16mg (7.85%), Vitamin B12: 0.41µg (6.83%), Zinc: 0.95mg (6.33%), Vitamin B5: 0.6mg (6.04%), Selenium: 4.18µg (5.97%), Vitamin B1: 0.09mg (5.97%), Vitamin K: 4.61µg (4.39%), Iron: 0.71mg (3.97%), Vitamin E: 0.53mg (3.54%), Vitamin B3: 0.52mg (2.61%)