



## Harvest Chopped Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups the of 1 cos lettuce green chopped
- 4 cups red-leaf lettuce red chopped
- 1 apples i use 2 granny smith apples chopped
- 1 medium avocado pitted peeled chopped
- 1 pears red chopped
- 0.5 onion red chopped
- 0.5 cup walnut pieces chopped
- 2 oz goat cheese crumbled (goat)

- 0.3 cup cranberries dried
- 0.3 cup poppy seeds
- 0.3 cup balsamic vinaigrette

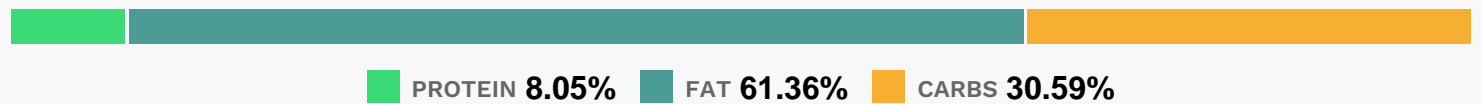
## Equipment

- bowl

## Directions

- In large bowl, carefully toss all ingredients; transfer to serving bowl or plate.
- Garnish with extra chèvre and dried cranberries, if desired.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.09, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:12.859565305969%

## Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

## Nutrients (% of daily need)

Calories: 194.93kcal (9.75%), Fat: 14.18g (21.81%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 10.95g (3.98%), Sugar: 8.68g (9.65%), Cholesterol: 3.26mg (1.09%), Sodium: 101.47mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin A: 3225.07IU (64.5%), Vitamin K: 51.08µg (48.65%), Manganese: 0.6mg (30.22%), Fiber: 4.96g (19.82%), Folate: 71.48µg (17.87%), Copper: 0.31mg (15.57%), Phosphorus: 102.14mg (10.21%), Magnesium: 39.32mg (9.83%), Vitamin B6: 0.19mg (9.31%), Potassium: 324.69mg

(9.28%), Calcium: 83.44mg (8.34%), Vitamin C: 6.62mg (8.02%), Vitamin B1: 0.11mg (7.3%), Iron: 1.28mg (7.13%),  
Vitamin B2: 0.11mg (6.75%), Vitamin E: 0.84mg (5.6%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.54mg (5.44%), Vitamin  
B3: 0.78mg (3.91%), Selenium: 1.46µg (2.09%)