



HEALTH SCORE

53%

Harvest Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 avocado diced pitted peeled



6 servings pepper black freshly ground to taste



0.5 cup cheese blue crumbled



0.5 cup cranberries dried



2 tablespoons raspberry jam (red with seeds)



0.5 onion red thinly sliced



2 tablespoons red wine vinegar



6 servings salt to taste

- ☐ 1 bunch pkt spinach rinsed
- ☐ 2 tomatoes chopped
- ☐ 0.3 cup walnut oil
- ☐ 0.5 cup walnuts chopped

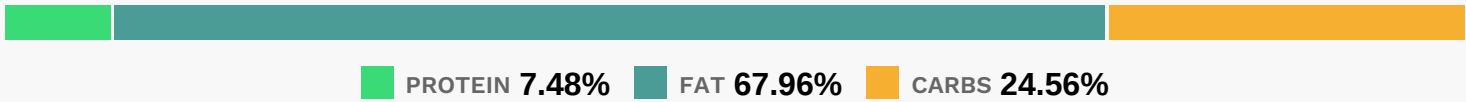
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.
- ☐ In a large bowl, toss together the spinach, walnuts, cranberries, blue cheese, tomatoes, avocado, and red onion.
- ☐ In a small bowl, whisk together jam, vinegar, walnut oil, pepper, and salt.
- ☐ Pour over the salad just before serving, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:22.78739140863%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg

Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg
Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 339.07kcal (16.95%), Fat: 27.05g (41.62%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 22g (7.33%),
Net Carbohydrates: 16.57g (6.03%), Sugar: 12.8g (14.23%), Cholesterol: 8.44mg (2.81%), Sodium: 375.95mg
(16.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Vitamin K: 287.29µg (273.61%), Vitamin
A: 5792.59IU (115.85%), Manganese: 0.99mg (49.66%), Folate: 159.32µg (39.83%), Vitamin C: 26.33mg (31.91%),
Fiber: 5.43g (21.7%), Magnesium: 78.95mg (19.74%), Potassium: 674.43mg (19.27%), Copper: 0.34mg (16.98%),
Vitamin E: 2.43mg (16.22%), Vitamin B6: 0.32mg (15.84%), Calcium: 138.39mg (13.84%), Phosphorus: 137.59mg
(13.76%), Vitamin B2: 0.23mg (13.33%), Iron: 2.27mg (12.64%), Vitamin B1: 0.13mg (8.34%), Vitamin B5: 0.82mg
(8.25%), Zinc: 1.22mg (8.12%), Vitamin B3: 1.53mg (7.65%), Selenium: 3.05µg (4.36%), Vitamin B12: 0.14µg (2.29%)