



Harvest Salad from Oikos®

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large apples cored sliced
- 2 tablespoons cider vinegar
- 0.5 cup cranberries dried
- 2 ounces goat cheese crumbled
- 1 cup dannon oikos greek nonfat yogurt plain
- 2 tablespoons parsley chopped
- 0.5 cup pecans toasted
- 3 heads baby greens shredded crisp

- 12 servings salt and cracked pepper
- 8 ounces roasted turkey julienned

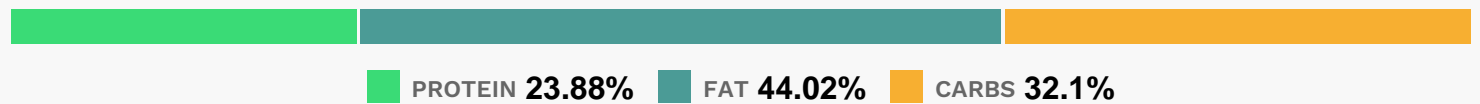
Equipment

- bowl

Directions

- In a bowl mix together, yogurt, goat cheese, vinegar, parsley, salt and cracked pepper.
- Let stand 15 minutes.
- In a large bowl combine remaining ingredients. Toss dressing with greens and toss gently to coat. Divide salad evenly among 6 plates (2 cups per).

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:4.3082608761995%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 96.09kcal (4.8%), Fat: 4.88g (7.5%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 6.86g (2.5%), Sugar: 6.38g (7.09%), Cholesterol: 12.67mg (4.22%), Sodium: 233.16mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Vitamin K: 12.21µg (11.63%), Manganese: 0.22mg (11.08%), Phosphorus: 73.85mg (7.39%), Selenium: 4.83µg (6.9%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.1mg (6%), Vitamin B3: 1.18mg (5.91%), Copper: 0.11mg (5.35%), Vitamin B12: 0.29µg (4.82%), Fiber: 1.14g (4.55%), Zinc: 0.58mg (3.86%), Calcium: 32.35mg (3.23%), Magnesium: 12.56mg (3.14%), Vitamin B1: 0.05mg (3.01%), Vitamin A:

147.27IU (2.95%), Potassium: 100.23mg (2.86%), Vitamin B5: 0.26mg (2.57%), Iron: 0.41mg (2.3%), Vitamin C: 1.81mg (2.19%), Vitamin E: 0.22mg (1.5%), Folate: 5.49µg (1.37%)