



## Harvest Salad with Cider Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup apricots dried cut into thin strips
- 0.8 cup figs dried cut into thin strips
- 6 servings cider vinaigrette
- 0.5 cup golden raisins
- 4 ounce gorgonzola blue crumbled
- 1 cup jicama diced
- 1 tablespoon juice of lemon
- 2 pears red chopped

- 1 small purple onion thinly sliced
- 6 ounce spinach leaves fresh
- 0.5 cup walnuts toasted coarsely chopped

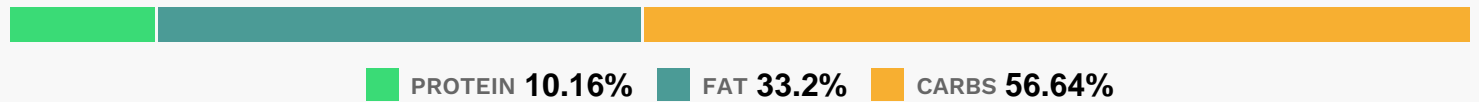
## Equipment

- bowl

## Directions

- Toss together chopped pear and lemon juice in a medium bowl.
- Add apricots and next 5 ingredients, tossing well. Chill 1 hour or overnight.
- Arrange spinach on individual plates; top evenly with pear mixture, and sprinkle with walnuts and cheese.

## Nutrition Facts



## Properties

Glycemic Index:46.47, Glycemic Load:14.83, Inflammation Score:-10, Nutrition Score:20.598695573599%

## Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 309.38kcal (15.47%), Fat: 12.33g (18.97%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 39.34g (14.3%), Sugar: 32.26g (35.85%), Cholesterol: 14.17mg (4.72%), Sodium: 247.13mg

(10.74%), Alcohol: 0.05g (100%), Alcohol %: 0.03% (100%), Protein: 8.49g (16.98%), Vitamin K: 144.23µg (137.36%), Vitamin A: 3411.9IU (68.24%), Manganese: 0.82mg (41.23%), Fiber: 7.99g (31.97%), Potassium: 785.53mg (22.44%), Vitamin C: 18.12mg (21.96%), Folate: 85.76µg (21.44%), Copper: 0.42mg (20.95%), Calcium: 195.23mg (19.52%), Magnesium: 72.98mg (18.24%), Phosphorus: 175.22mg (17.52%), Vitamin B6: 0.27mg (13.52%), Iron: 2.41mg (13.41%), Vitamin B2: 0.22mg (12.81%), Vitamin E: 1.65mg (11.03%), Zinc: 1.31mg (8.7%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.1mg (6.7%), Vitamin B5: 0.67mg (6.67%), Selenium: 4.36µg (6.23%), Vitamin B12: 0.23µg (3.84%)