



Harvest Salad with Sweet Dijon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples cored chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cranberries dried
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup pecan halves toasted
- ☐ 1 cup red wine vinegar
- ☐ 10 ounce baby romaine lettuce

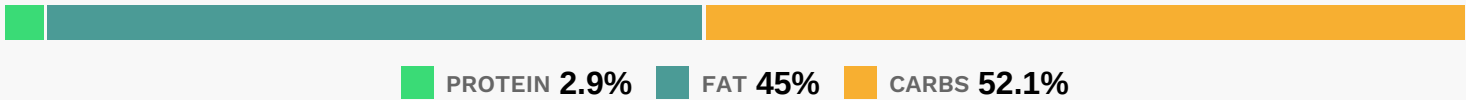
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the lettuce, pecan halves, cranberries and apples in a serving bowl.
- ☐ Add desired amount of Sweet Dijon Vinaigrette, tossing gently to coat.
- ☐ Serve immediately.
- ☐ Combine the vinegar and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat. Reduce the heat and simmer, stirring occasionally, until the sugar dissolves, about 2 minutes.
- ☐ Remove the pan from the heat and cool.
- ☐ Add the oil and Dijon mustard, whisking until combined. Cover and refrigerate for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:14.41, Glycemic Load:11.18, Inflammation Score:-9, Nutrition Score:7.7769565115804%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.63mg,

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Nutrients (% of daily need)

Calories: 183.66kcal (9.18%), Fat: 9.57g (14.72%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 22.55g (8.2%), Sugar: 22.01g (24.46%), Cholesterol: 0mg (0%), Sodium: 21.36mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin A: 2485.68IU (49.71%), Vitamin K: 31.59µg (30.08%), Manganese: 0.53mg (26.49%), Folate: 41.38µg (10.35%), Fiber: 2.37g (9.47%), Copper: 0.15mg (7.28%), Vitamin B1: 0.09mg (6.16%), Magnesium: 18.78mg (4.69%), Vitamin E: 0.65mg (4.35%), Phosphorus: 41.95mg (4.19%), Potassium: 144.95mg (4.14%), Iron: 0.72mg (4.01%), Zinc: 0.55mg (3.64%), Vitamin C: 2.22mg (2.69%), Vitamin B6: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.48%), Calcium: 20.47mg (2.05%), Selenium: 1.13µg (1.61%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.26mg (1.31%)