



Johnsonville Strawberry and Apple Chicken Sausage Salad

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 6 ounces johnsonville apple chicken sausage sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup feta cheese low-fat crumbled
- ☐ 1 medium apples i use 2 granny smith apples cored cut into chunks
- ☐ 5 ounces pre-washed spring greens mixed
- ☐ 2 tablespoons honey

- ☐ 1 quart strawberries fresh hulled quartered
- ☐ 0.3 cup walnut pieces toasted

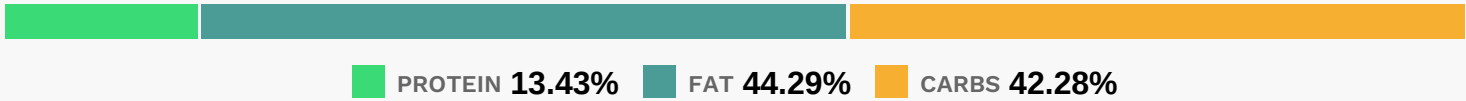
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a non-stick skillet, over medium heat, lightly brown sausage. Set aside.
- ☐ In a large salad bowl, combine salad greens, strawberries, apple, walnuts, cheese and sausage.
- ☐ In a small bowl, combine vinegar, honey and oil.
- ☐ Pour over salad and toss.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:18.43, Glycemic Load:4.68, Inflammation Score:-5, Nutrition Score:7.6239131300346%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 135.35kcal (6.77%), Fat: 7.13g (10.98%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 12.73g (4.63%), Sugar: 10.42g (11.58%), Cholesterol: 14.02mg (4.67%), Sodium: 212.7mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin C: 60.08mg (72.83%), Manganese: 0.54mg (26.82%), Fiber: 2.6g (10.4%), Folate: 32.41µg (8.1%), Copper: 0.12mg (6.06%), Potassium: 210.22mg (6.01%), Magnesium: 21.17mg (5.29%), Vitamin A: 243.03IU (4.86%), Phosphorus: 44.14mg (4.41%), Iron: 0.78mg (4.34%), Vitamin B6: 0.09mg (4.26%), Vitamin E: 0.58mg (3.86%), Vitamin K: 3.59µg (3.42%), Vitamin B1: 0.04mg (2.89%), Vitamin B3: 0.51mg (2.54%), Vitamin B2: 0.04mg (2.36%), Calcium: 22.36mg (2.24%), Zinc: 0.3mg (2%), Vitamin B5: 0.17mg (1.71%)