



Mesclun Salad with Cranberries and Avocado

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocado ripe coarsely chopped
- 0.8 cup cranberries dried
- 0.3 teaspoon pepper freshly ground
- 10 ounce the salad mixed with herbs (we tested with dole)
- 1 cup walnut halves toasted
- 0.5 cup cooking wine (with briannas)

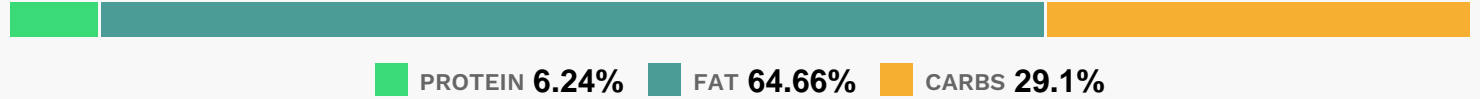
Equipment

- bowl

Directions

- Toss salad greens, avocado, walnuts, and cranberries in a serving bowl. Lightly dress salad with desired amount of vinaigrette; toss gently to coat.
- Sprinkle with pepper; toss again before serving.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:12.942173843798%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 305.77kcal (15.29%), Fat: 22.76g (35.02%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 16.43g (5.97%), Sugar: 12.11g (13.46%), Cholesterol: 0mg (0%), Sodium: 19.14mg (0.83%), Alcohol: 2.08g (100%), Alcohol %: 1.56% (100%), Protein: 4.94g (9.89%), Manganese: 0.91mg (45.3%), Fiber: 6.62g (26.48%), Copper: 0.47mg (23.65%), Folate: 91.08µg (22.77%), Vitamin C: 17.95mg (21.75%), Vitamin B6: 0.33mg (16.58%), Vitamin K: 15.88µg (15.13%), Potassium: 520.55mg (14.87%), Magnesium: 58.39mg (14.6%), Vitamin A: 638.93IU (12.78%), Phosphorus: 126.08mg (12.61%), Vitamin E: 1.84mg (12.28%), Vitamin B5: 1.14mg (11.4%), Vitamin B3: 1.76mg (8.81%), Vitamin B2: 0.15mg (8.76%), Vitamin B1: 0.13mg (8.57%), Zinc: 1.17mg (7.82%), Iron: 1.37mg (7.64%), Calcium: 36.63mg (3.66%), Selenium: 1.55µg (2.21%)