



Mesclun with Grilled Onion, Apple, and Gruyère Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup gala apple sliced
- 1 ounce gruyère cheese grated
- 1 teaspoon olive oil
- 2 inch onion
- 6 cups gourmet salad greens
- 0.3 teaspoon salt

- 1 teaspoon sugar divided
- 1 tablespoon water
- 1 tablespoon citrus champagne vinegar

Equipment

- frying pan

Directions

- Place a large nonstick skillet coated with cooking spray over medium heat. Carefully arrange 4 onion slices in skillet, and sprinkle with 1/2 teaspoon sugar; saut 4 minutes on each side or until golden brown. Wipe skillet; repeat procedure with remaining onion slices and 1/2 teaspoon sugar.
- Combine salad greens, apple, and cheese.
- Combine water, vinegar, oil, salt, and pepper; pour vinegar mixture over salad green mixture, tossing to coat. Divide salad evenly among 4 plates; top each serving with onion slices.

Nutrition Facts



PROTEIN 16.44% **FAT 42.22%** **CARBS 41.34%**

Properties

Glycemic Index:40.27, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:4.2734782812388%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.39g (5.22%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.67g (2.43%), Sugar: 4.33g (4.81%), Cholesterol: 7.8mg (2.6%), Sodium: 212.45mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 15.47mg (18.75%), Vitamin A: 766.37IU (15.33%), Calcium: 82.55mg (8.26%), Phosphorus: 70.58mg (7.06%), Folate: 24.11µg (6.03%), Manganese: 0.12mg (6%), Potassium: 147.42mg (4.21%), Vitamin B2: 0.06mg (3.45%), Vitamin B6: 0.07mg (3.42%), Fiber: 0.8g (3.21%), Magnesium: 11.25mg (2.81%), Zinc: 0.42mg (2.8%), Iron: 0.47mg (2.59%), Copper: 0.04mg (2.2%), Vitamin B1: 0.03mg (1.89%), Vitamin B12: 0.11µg (1.89%), Selenium: 1.29µg (1.84%), Vitamin B3: 0.37mg (1.84%), Vitamin K: 1.69µg (1.61%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.34%)