



Mixed Green Salad with Warm Cream Cheese Croutons

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 8 oz philadelphia cream cheese cut into 1/2-inch cubes
- 2 tsp thyme leaves fresh chopped
- 1 clove garlic minced
- 1 apples i use 2 granny smith apples thinly sliced
- 0.3 cup panko bread crumbs
- 0.5 cup pomegranate seeds

8 cups torn salad greens loosely packed

Equipment

bowl

frying pan

Directions

Combine first 3 ingredients in small bowl.

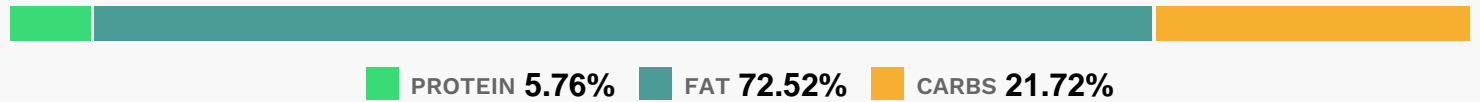
Add cream cheese cubes in small batches; toss to evenly coat with crumb mixture.

Heat large heavy nonstick skillet sprayed with cooking spray on medium heat.

Add cheese cubes, a few at a time; cook 3 min. or until evenly browned, turning frequently. Repeat with remaining cheese cubes.

Combine remaining ingredients in large bowl; top with cheese.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:2.3260869876198%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 100.38kcal (5.02%), Fat: 8.24g (12.68%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.91g (3.23%), Cholesterol: 15.27mg (5.09%), Sodium: 131.47mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 457.04IU (9.14%), Vitamin C: 6.3mg (7.63%), Vitamin B2: 0.06mg (3.31%), Folate: 12.82µg (3.2%), Phosphorus: 29.87mg (2.99%), Manganese: 0.06mg

(2.91%), Potassium: 85.95mg (2.46%), Selenium: 1.69µg (2.42%), Fiber: 0.57g (2.3%), Calcium: 22.12mg (2.21%), Vitamin B6: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.71%), Vitamin K: 1.55µg (1.48%), Vitamin B5: 0.15mg (1.47%), Copper: 0.03mg (1.45%), Magnesium: 5.62mg (1.41%), Iron: 0.25mg (1.4%), Vitamin E: 0.19mg (1.24%), Vitamin B3: 0.23mg (1.14%), Zinc: 0.16mg (1.09%)