



Mixed Green Salad with Warm Cream Cheese Croutons

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



188 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

 **PROTEIN 5.76%**  **FAT 72.52%**  **CARBS 21.72%**

Properties

Glycemic Index:25.13, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:4.3617391223493%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 188.21kcal (9.41%), Fat: 15.45g (23.77%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.34g (3.4%), Sugar: 5.45g (6.05%), Cholesterol: 28.63mg (9.54%), Sodium: 246.51mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 856.95IU (17.14%), Vitamin C: 11.81mg (14.31%), Vitamin B2: 0.11mg (6.2%), Folate: 24.04µg (6.01%), Phosphorus: 56.01mg (5.6%), Manganese: 0.11mg

(5.45%), Potassium: 161.15mg (4.6%), Selenium: 3.18µg (4.54%), Fiber: 1.08g (4.31%), Calcium: 41.48mg (4.15%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.22%), Vitamin K: 2.91µg (2.77%), Vitamin B5: 0.28mg (2.76%), Copper: 0.05mg (2.72%), Magnesium: 10.54mg (2.63%), Iron: 0.47mg (2.63%), Vitamin E: 0.35mg (2.32%), Vitamin B3: 0.43mg (2.14%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.07µg (1.15%)