



WHATSheATE



Mixed Greens with Cherries and Feta Cheese Balls



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced finely chopped
- ☐ 5 oz the salad mixed packed
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 cups cherries pitted halved
- ☐ 4 ounces cream cheese
- ☐ 4 ounces feta cheese
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper

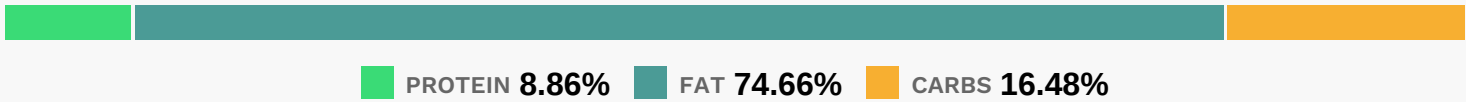
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ ice cream scoop

Directions

- ☐ Whirl cream cheese and feta in a food processor until smooth. Using a 1-in. ice cream scoop or a teaspoon, scoop balls of cheese mixture onto a plate. Chill 15 minutes.
- ☐ Pour almonds into a shallow bowl.
- ☐ Roll cheese balls in almonds to coat and set on a clean plate. Chill until firm, about 1 hour.
- ☐ Whisk vinegar, oil, salt, and pepper in a large bowl to combine.
- ☐ Add greens and cherries and toss to coat. Arrange salad on plates and scatter cheese balls on top.
- ☐ Make ahead: Through step 1, up to a few hours.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.98, Inflammation Score:-5, Nutrition Score:8.4173912794694%

Flavonoids

Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 274.31kcal (13.72%), Fat: 23.5g (36.16%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 9.71g (3.53%), Sugar: 6.93g (7.7%), Cholesterol: 35.91mg (11.97%), Sodium: 475.42mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Vitamin E: 3.49mg (23.26%), Vitamin B2: 0.32mg (18.69%), Calcium: 142.43mg (14.24%), Phosphorus: 140.33mg (14.03%), Manganese: 0.27mg (13.68%), Vitamin A: 632.38IU (12.65%), Vitamin C: 8.73mg (10.58%), Magnesium: 34.14mg (8.54%), Fiber: 1.97g (7.87%), Vitamin B6: 0.14mg (7.16%), Vitamin K: 7.39µg (7.04%), Selenium: 4.88µg (6.97%), Potassium: 239.91mg (6.85%), Copper: 0.13mg (6.53%), Zinc: 0.96mg (6.43%), Vitamin B12: 0.36µg (6.02%), Folate: 21.73µg (5.43%), Iron: 0.83mg (4.63%), Vitamin B1: 0.07mg (4.59%), Vitamin B5: 0.45mg (4.49%), Vitamin B3: 0.68mg (3.42%)