



Mixed Greens with Cranberry Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.3 cup vegetable oil
- 0.3 cup cranberry juice cocktail concentrate frozen thawed ()
- 1 teaspoon dijon mustard
- 0.3 teaspoon salt
- 0.5 cup cranberries dried sweetened
- 10 oz spring mix of spinach mixed
- 1 small bunch watercress
- 2 slices baking apples are apples that have a sweet-tart balance and hold their shape when red thinly sliced cut in half

1 avocado pitted peeled sliced

Equipment

bowl

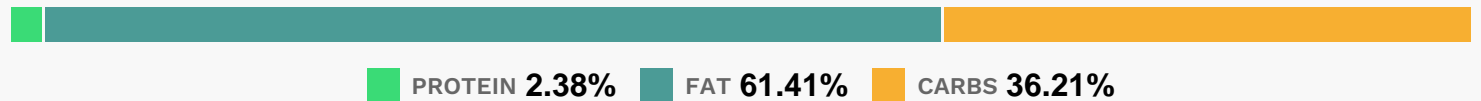
whisk

Directions

In small bowl, beat all vinaigrette ingredients except cranberries with wire whisk until smooth. Stir in cranberries.

In serving bowl, toss all salad ingredients with vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:4.1260869658512%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 119.48kcal (5.97%), Fat: 8.64g (13.29%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.59g (3.49%), Sugar: 7.77g (8.63%), Cholesterol: 0mg (0%), Sodium: 61.83mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin K: 20.65µg (19.67%), Vitamin C: 11.15mg (13.52%), Fiber: 1.86g (7.46%), Vitamin A: 371.09IU (7.42%), Vitamin E: 1mg (6.69%), Folate: 23.07µg (5.77%), Manganese: 0.09mg (4.6%), Potassium: 153.7mg (4.39%), Vitamin B6: 0.08mg (3.83%), Vitamin B5: 0.31mg (3.15%), Copper: 0.05mg (2.73%), Vitamin B2: 0.04mg (2.59%), Vitamin B3: 0.47mg (2.37%), Magnesium: 9.45mg (2.36%), Phosphorus: 22.27mg (2.23%), Vitamin B1: 0.03mg (1.72%), Iron: 0.31mg (1.72%), Zinc: 0.18mg (1.18%)