



Mixed Greens with Cranberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberry juice cocktail concentrate frozen thawed ()
- ☐ 10 oz the salad mixed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 slices baking apples are apples that have a sweet-tart balance and hold their shape when red thinly sliced cut in half
- ☐ 0.3 cup vegetable oil

☐ 1 small bunch watercress

Equipment

☐ bowl

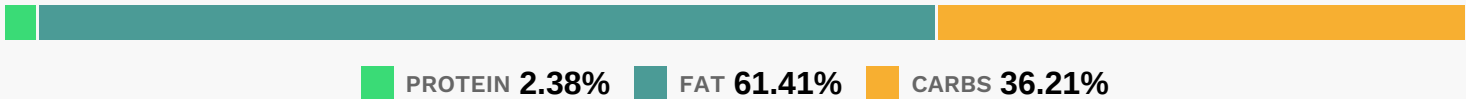
☐ whisk

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%)