



Mixed Greens with Goat Cheese, Cranberries, and Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 11 ounce goat cheese crumbled
- ☐ 8 servings lemon-maple vinaigrette
- ☐ 16 cups greens mixed
- ☐ 1 cup cranberries dried sweetened
- ☐ 1 cup walnut halves toasted

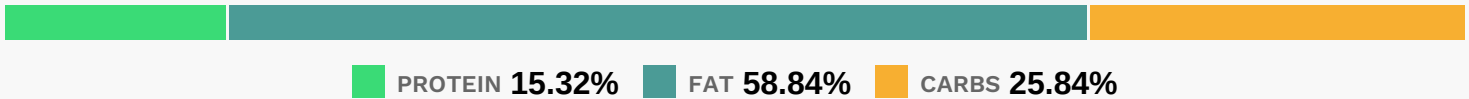
Equipment

- ☐ bowl

Directions

- ☐ Combine greens, cranberries, and walnuts in a large bowl. Just before serving, toss with 2/3 cup Lemon-Maple Vinaigrette, and top with goat cheese.
- ☐ Note: For a different serving option, slice goat cheese into 16 slices.
- ☐ Roll slices in chopped, toasted walnuts (omit walnut halves in salad).
- ☐ Serve slices over greens; drizzle with Lemon-Maple Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:10.837826044663%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 260.05kcal (13%), Fat: 17.99g (27.68%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 15.8g (5.74%), Sugar: 11.9g (13.23%), Cholesterol: 17.93mg (5.98%), Sodium: 165.44mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Manganese: 0.7mg (34.91%), Copper: 0.57mg (28.5%), Vitamin C: 22.49mg (27.26%), Vitamin A: 1315.93IU (26.32%), Phosphorus: 183.93mg (18.39%), Vitamin B2: 0.22mg (12.69%), Vitamin B6: 0.25mg (12.57%), Folate: 49.38µg (12.35%), Iron: 1.77mg (9.84%), Magnesium: 39.31mg (9.83%), Calcium: 82.49mg (8.25%), Fiber: 1.98g (7.92%), Vitamin B1: 0.11mg (7.06%), Zinc: 1mg (6.65%), Potassium: 229.32mg (6.55%), Vitamin B5: 0.49mg (4.91%), Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.5mg (3.34%), Selenium: 2.25µg (3.21%), Vitamin K: 2.25µg (2.14%), Vitamin B12: 0.07µg (1.23%), Vitamin D: 0.16µg (1.04%)