



Mixed Greens With Toasted Almonds and Apple Cider Vinaigrette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup apple cider vinaigrette
- ☐ 1 cup blueberries fresh
- ☐ 1 large cucumber thinly sliced
- ☐ 2 ounces goat cheese crumbled
- ☐ 8 cups salad greens mixed
- ☐ 2 plum tomatoes finely chopped

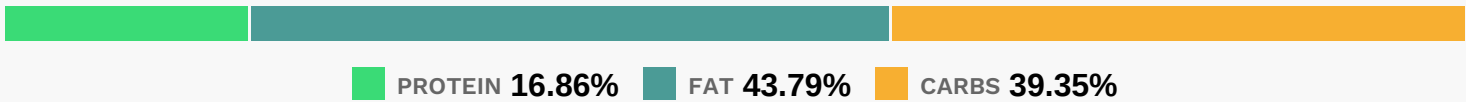
Equipment

- ☐ slotted spoon

Directions

- ☐ Combine cucumber and Apple Cider Vinaigrette; cover and chill 2 hours, stirring once.
- ☐ Remove and reserve cucumbers using a slotted spoon; reserve Apple Cider Vinaigrette.
- ☐ Toss together salad greens, tomatoes, and blueberries.
- ☐ Sprinkle salad evenly with almonds and goat cheese before serving. Top with reserved marinated cucumber slices.
- ☐ Serve with reserved Apple Cider Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:5.6082608583181%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 69.36kcal (3.47%), Fat: 3.6g (5.53%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.91g (4.34%), Cholesterol: 3.26mg (1.09%), Sodium: 38.57mg (1.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin C: 14.41mg (17.46%), Vitamin A: 692.05IU (13.84%), Manganese: 0.27mg (13.31%), Vitamin E: 1.19mg (7.96%), Copper: 0.16mg (7.85%), Vitamin K: 7.44µg (7.09%), Phosphorus: 66.16mg (6.62%), Vitamin B2: 0.11mg (6.56%), Folate: 25.67µg (6.42%), Potassium: 207.25mg (5.92%), Magnesium: 23.39mg (5.85%), Fiber: 1.37g (5.5%), Vitamin B6: 0.1mg (4.83%), Iron: 0.71mg (3.95%), Calcium: 33.78mg (3.38%), Vitamin B1: 0.05mg (3.35%), Vitamin B3: 0.58mg (2.89%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.24mg (2.4%)