



Mushroom, Apple, and Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large cameo apple thinly sliced
- 4 oz arugula washed
- 8 servings honey-balsamic vinaigrette divided
- 1 tablespoon butter
- 3 ounces goat cheese crumbled
- 1 pound mushrooms assorted trimmed coarsely chopped
- 0.5 cup walnut halves

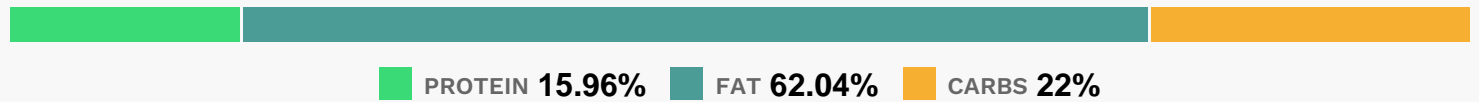
Equipment

- frying pan
- baking sheet
- oven

Directions

- Place walnuts in a single layer on a baking sheet.
- Bake at 350 for 8 to 10 minutes or until toasted.
- Melt butter in a large skillet over medium–high heat; add mushrooms, and saute 6 minutes or until tender. Stir in 2 Tbsp. Honey–Balsamic Vinaigrette.
- Remove from heat, and let cool 15 minutes.
- Toss together arugula, apple, mushrooms, and desired amount of Honey–Balsamic Vinaigrette.
- Transfer to a serving dish, and sprinkle with toasted walnuts and goat cheese.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:8.2539131019426%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 122.62kcal (6.13%), Fat: 9.13g (14.04%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.63g (5.15%), Cholesterol: 8.65mg (2.88%), Sodium: 66.46mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Copper: 0.39mg (19.63%), Vitamin B2: 0.3mg (17.61%), Manganese: 0.34mg (17.11%), Vitamin K: 16.58µg (15.79%), Vitamin B3: 2.24mg (11.22%), Phosphorus: 112.14mg (11.21%), Vitamin B5: 1.04mg (10.44%), Vitamin A: 506.43IU (10.13%), Selenium: 5.99µg (8.56%), Potassium:

297.87mg (8.51%), Folate: 32.72µg (8.18%), Fiber: 1.95g (7.81%), Vitamin B6: 0.15mg (7.33%), Magnesium: 26.45mg (6.61%), Vitamin B1: 0.09mg (5.96%), Vitamin C: 4.69mg (5.69%), Iron: 0.94mg (5.22%), Calcium: 48.62mg (4.86%), Zinc: 0.7mg (4.65%), Vitamin E: 0.23mg (1.52%), Vitamin D: 0.16µg (1.04%)