



## My Aunt's Festive Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



20

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 4 bananas sliced
- 16 oz knudsen cream sour
- 0.5 cup cranberries dried
- 0.3 cup mint leaves fresh chopped
- 0.3 cup granulated sugar
- 0.3 cup powdered sugar
- 6 apples red chopped

- 0.3 cup sesame seed
- 1 cup planters slivered almonds toasted

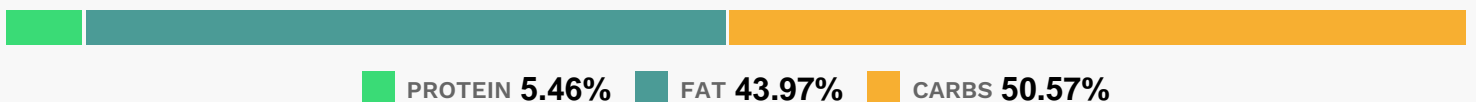
## Equipment

- bowl
- frying pan
- aluminum foil

## Directions

- Cook sesame seed in small skillet on medium heat 3 min. or until lightly toasted, stirring constantly.
- Add granulated sugar; cook and stir 2 min. until sugar is caramelized and evenly coats sesame seed.
- Remove from heat; spread onto sheet of foil sprayed with cooking spray. Cool completely. Crumble into smaller pieces.
- Mix sour cream, powdered sugar and dressing in large bowl until well blended.
- Add apples, bananas, nuts and half the sesame seed; mix lightly.
- Top with cranberries, mint and remaining sesame seed.

## Nutrition Facts



## Properties

Glycemic Index:10.09, Glycemic Load:6.47, Inflammation Score:-3, Nutrition Score:5.293043470901%

## Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg,

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## **Nutrients (% of daily need)**

Calories: 168.94kcal (8.45%), Fat: 8.79g (13.53%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 19.72g (7.17%), Sugar: 16.27g (18.08%), Cholesterol: 13.38mg (4.46%), Sodium: 21.96mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Manganese: 0.27mg (13.48%), Fiber: 3.03g (12.1%), Vitamin E: 1.66mg (11.06%), Copper: 0.17mg (8.67%), Magnesium: 33.1mg (8.28%), Vitamin B2: 0.14mg (8.17%), Vitamin B6: 0.14mg (7.12%), Phosphorus: 66.86mg (6.69%), Potassium: 224.39mg (6.41%), Calcium: 62mg (6.2%), Vitamin C: 4.95mg (6%), Vitamin A: 210IU (4.2%), Iron: 0.66mg (3.66%), Vitamin B1: 0.05mg (3.19%), Folate: 12.55µg (3.14%), Zinc: 0.46mg (3.04%), Selenium: 1.99µg (2.84%), Vitamin B3: 0.53mg (2.67%), Vitamin B5: 0.22mg (2.23%), Vitamin K: 1.89µg (1.8%)