



Nutty Fruited Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 gala apple cored thinly sliced
- ☐ 3 tablespoons golden raisins
- ☐ 4 cups salad greens mixed
- ☐ 2 tablespoons pecans chopped
- ☐ 0.3 cup red wine vinaigrette fat-free

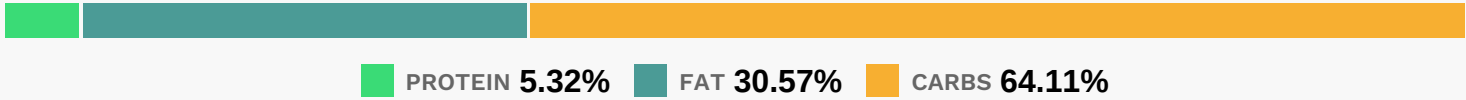
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl; toss well.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:4.6547826658125%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 115.58kcal (5.78%), Fat: 3.76g (5.78%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.71g (5.71%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 13.01mg (0.57%), Alcohol: 2.12g (100%), Alcohol %: 2.21% (100%), Protein: 1.47g (2.94%), Manganese: 0.36mg (18.04%), Vitamin C: 11.79mg (14.29%), Vitamin A: 482.17IU (9.64%), Fiber: 2.02g (8.09%), Potassium: 247.31mg (7.07%), Copper: 0.14mg (6.77%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 51.99mg (5.2%), Magnesium: 19.06mg (4.77%), Folate: 17.8µg (4.45%), Iron: 0.73mg (4.04%), Vitamin B2: 0.07mg (3.88%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.49mg (2.47%), Calcium: 18.99mg (1.9%), Vitamin K: 1.65µg (1.57%), Vitamin B5: 0.14mg (1.41%), Vitamin E: 0.17mg (1.1%)