



Orchard Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 anjou pear thinly sliced
- ☐ 2 tablespoons apple cider
- ☐ 2 tablespoons cider vinegar
- ☐ 6 servings salt and coarse pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 1 head lettuce green
- ☐ 1 head lettuce red
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 apples red such as mcintosh or paula , thinly sliced crisp
- ☐ 8 ounces sharp cheddar thinly sliced
- ☐ 1 teaspoon sugar

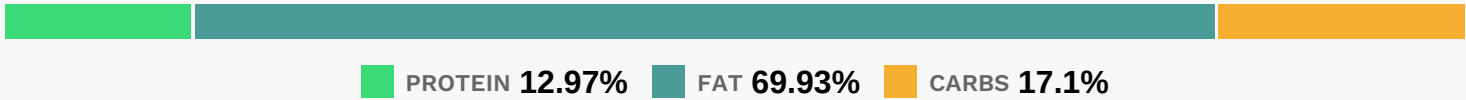
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Coarsely chop lettuce. Squeeze the a little lemon juice over apples and pears and toss with greens.
- ☐ Combine cider, vinegar and sugar in a bowl and whisk in oil in a slow stream.
- ☐ Pour dressing over salad and season salad with salt and pepper and toss salad to combine and coat evenly.
- ☐ Serve salad with a garnish of sliced sharp cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:41.1, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:18.260434710461%

Flavonoids

Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 314.78kcal (15.74%), Fat: 25.16g (38.71%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 10.93g (3.98%), Sugar: 8.07g (8.97%), Cholesterol: 37.8mg (12.6%), Sodium: 471.98mg (20.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin A: 8704.03IU (174.08%), Vitamin K: 157.8µg (150.29%), Calcium: 311.37mg (31.14%), Phosphorus: 212.65mg (21.27%), Selenium: 11.87µg (16.96%), Vitamin B2: 0.27mg (15.94%), Vitamin E: 2.31mg (15.42%), Manganese: 0.3mg (15%), Folate: 52.43µg (13.11%), Vitamin C: 10.46mg (12.68%), Fiber: 2.9g (11.61%), Zinc: 1.64mg (10.96%), Potassium: 318.41mg (9.1%), Vitamin B6: 0.15mg (7.7%), Iron: 1.37mg (7.61%), Magnesium: 28.33mg (7.08%), Vitamin B12: 0.4µg (6.68%), Vitamin B1: 0.1mg (6.39%), Copper: 0.08mg (3.91%), Vitamin B5: 0.35mg (3.47%), Vitamin B3: 0.49mg (2.45%), Vitamin D: 0.23µg (1.51%)