



Pickled Onion, Blue Cheese, and Berry Salad



Vegetarian



Gluten Free

READY IN



39 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 teaspoons agave nectar divided
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 ounce raspberries fresh
- ☐ 8 ounce baby herb salad mixed
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup sherry vinegar divided
- ☐ 0.7 cup thinly vidalia onion vertically sliced
- ☐ 0.3 cup water

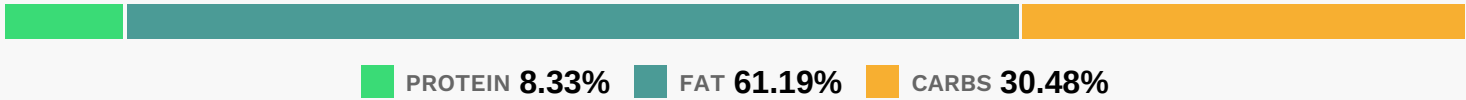
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine 1/4 cup water, 2 tablespoons vinegar, and 1 tablespoon agave in a small bowl.
- ☐ Add onion; toss to coat. Marinate at room temperature for 30 minutes; drain.
- ☐ Combine remaining 2 tablespoons vinegar, remaining 1 teaspoon agave, mustard, pepper, and salt in a large bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ Add salad greens; toss gently to coat. Arrange about 1 cup salad on each of 8 plates. Top each serving with about 1 tablespoon onion, 1 tablespoon cheese, and about 6 raspberries.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:7.4247826797807%

Flavonoids

Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 108.46kcal (5.42%), Fat: 7.52g (11.57%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 6.51g (2.37%), Sugar: 5.28g (5.86%), Cholesterol: 5.32mg (1.77%), Sodium: 135.22mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin A: 2161.29IU (43.23%), Vitamin K: 41.99µg (39.99%), Manganese: 0.24mg (11.92%), Vitamin C: 9.71mg (11.77%), Fiber: 1.92g (7.69%), Vitamin E: 1.08mg (7.17%), Calcium: 57.08mg (5.71%), Folate: 22.41µg (5.6%), Phosphorus: 46.84mg (4.68%), Vitamin B2: 0.07mg (4.07%), Vitamin B6: 0.08mg (3.93%), Potassium: 126.06mg (3.6%), Magnesium: 12.02mg (3.01%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.77%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.35mg (2.36%), Selenium: 1.61µg (2.3%), Copper: 0.04mg (2.07%), Vitamin B3: 0.36mg (1.81%), Vitamin B12: 0.09µg (1.44%)