



HEALTH SCORE

62%

Rainbow Chopped Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 large fuji apple diced cored halved
- ☐ 0.8 cup hazelnuts husked toasted coarsely chopped
- ☐ 0.5 tablespoon honey
- ☐ 1 fuyu persimmon pulp diced peeled seeded
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pears diced cored halved
- ☐ 0.5 cup pomegranate seeds

- ☐ 4 cups cabbage red sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 6 cups baby greens chopped
- ☐ 1.5 tablespoons shallots finely chopped

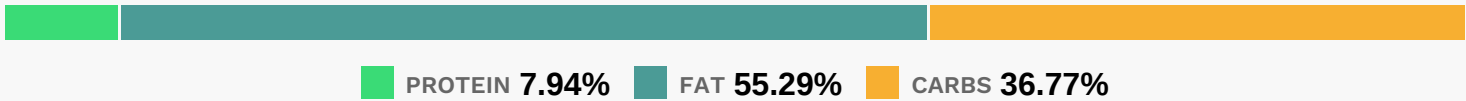
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar, shallot, and honey in small bowl to blend. Gradually whisk in oil. Season dressing to taste with salt and freshly ground black pepper.
- ☐ Combine romaine and next 6 ingredients in very large bowl; toss to blend.
- ☐ Add dressing and toss to coat.
- ☐ Divide salad among plates.
- ☐ Sprinkle with blue cheese, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:8.1, Inflammation Score:-10, Nutrition Score:20.246956795454%

Flavonoids

Cyanidin: 95.03mg, Cyanidin: 95.03mg, Cyanidin: 95.03mg, Cyanidin: 95.03mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 252.19kcal (12.61%), Fat: 16.53g (25.43%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 19.74g (7.18%), Sugar: 10.58g (11.75%), Cholesterol: 6.33mg (2.11%), Sodium: 115.39mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 5287.34IU (105.75%), Vitamin K: 81.5µg (77.62%), Vitamin C: 45.57mg (55.24%), Manganese: 0.93mg (46.49%), Folate: 104.15µg (26.04%), Fiber: 4.99g (19.96%), Vitamin E: 2.94mg (19.59%), Potassium: 494.47mg (14.13%), Copper: 0.28mg (13.76%), Vitamin B6: 0.24mg (12.13%), Iron: 2.16mg (12.02%), Phosphorus: 111.49mg (11.15%), Calcium: 106.88mg (10.69%), Vitamin B1: 0.16mg (10.5%), Magnesium: 39.86mg (9.96%), Vitamin B2: 0.13mg (7.72%), Zinc: 0.8mg (5.36%), Vitamin B5: 0.46mg (4.64%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.08µg (2.98%), Vitamin B12: 0.1µg (1.72%)