



Red and Green Salad with Cranberry Dressing



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 cup baby salad leaves rinsed
- ☐ 0.3 cup cranberry juice cocktail
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon honey
- ☐ 1 bell pepper red stemmed seeded thinly sliced (7)
- ☐ 2 cups cabbage shredded red

- ☐ 0.3 cup onion red thinly sliced
- ☐ 8 servings salt
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 1 oz shallots chopped

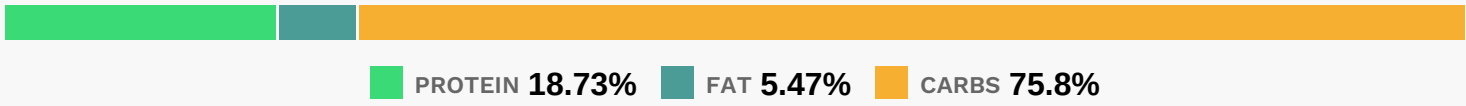
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a food processor or blender, smoothly pure cilantro, shallot, vinegar, cranberry juice, honey, and mustard.
- ☐ Add dried cranberries to dressing.
- ☐ In a large, shallow bowl, mix salad leaves, cabbage, red onion, bell pepper, and dressing.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:43.41, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:22.835217538087%

Flavonoids

Cyanidin: 46.75mg, Cyanidin: 46.75mg, Cyanidin: 46.75mg, Cyanidin: 46.75mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

Nutrients (% of daily need)

Calories: 88.09kcal (4.4%), Fat: 0.61g (0.94%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 13.92g (5.06%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 291.71mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin A: 22648.53IU (452.97%), Vitamin K: 383.86µg (365.58%), Vitamin C: 64.32mg (77.97%), Manganese: 0.86mg (42.86%), Folate: 126.1µg (31.53%), Fiber: 5.1g (20.39%), Potassium: 689.24mg (19.69%), Vitamin B6: 0.38mg (18.97%), Iron: 2.9mg (16.12%), Vitamin B2: 0.27mg (15.9%), Vitamin B1: 0.24mg (15.77%), Calcium: 122.66mg (12.27%), Magnesium: 46.05mg (11.51%), Phosphorus: 102.22mg (10.22%), Vitamin B3: 1.4mg (7%), Vitamin E: 1.03mg (6.87%), Copper: 0.1mg (5.23%), Vitamin B5: 0.51mg (5.15%), Zinc: 0.66mg (4.43%), Selenium: 2.33µg (3.33%)