




 **64%**
HEALTH SCORE

Romaine With Apple, Pecans and Blue Cheese


 Vegetarian  Gluten Free  Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 large apples unpeeled chopped
- 0.3 cup cheese blue
- 4 servings cheese dressing blue
- 1 teaspoon dijon mustard
- 1 haas avocados cubed
- 8 ounces non-fat yogurt plain
- 0.3 cup orange juice
- 0.3 cup pecans toasted

- 0.5 cup onions red chopped
- 4.5 cups hearts of romaine lettuce
- 4 servings salad
- 2 tablespoons vinegar white

Equipment

- bowl

Directions

- In a small bowl, mash cheese with a fork.
- Add vinegar, mustard, juice and yogurt; stir to combine thoroughly.
- In a large bowl, combine salad ingredients. Toss with 1/2 cup Creamy Blue Cheese Dressing.

Nutrition Facts



PROTEIN 12.59% **FAT 52.58%** **CARBS 34.83%**

Properties

Glycemic Index:67.5, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:24.259565348211%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 4.44mg, Epicatechin: 4.44mg, Epicatechin: 4.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 272.56kcal (13.63%), Fat: 16.94g (26.06%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 17.76g (6.46%), Sugar: 14.05g (15.61%), Cholesterol: 11.85mg (3.95%), Sodium: 214.33mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.25%), Vitamin A: 7774.19IU (155.48%), Vitamin K: 95.6µg (91.05%), Folate: 189.24µg (47.31%), Vitamin C: 32.46mg (39.34%), Manganese: 0.62mg (31.17%), Fiber: 7.49g (29.98%), Potassium: 834.26mg (23.84%), Phosphorus: 228.03mg (22.8%), Calcium: 218.26mg (21.83%), Vitamin B2: 0.34mg (20.04%), Vitamin B6: 0.34mg (16.9%), Vitamin B5: 1.55mg (15.51%), Magnesium: 58.59mg (14.65%), Vitamin B1: 0.22mg (14.47%), Copper: 0.28mg (14.07%), Zinc: 1.78mg (11.88%), Iron: 1.74mg (9.69%), Vitamin E: 1.41mg (9.37%), Vitamin B3: 1.77mg (8.86%), Vitamin B12: 0.46µg (7.62%), Selenium: 5.05µg (7.21%)