



## Roquefort and Toasted Walnut Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup vegetable oil
- 0.3 cup walnut pieces toasted coarsely chopped
- 2 tablespoons juice of lemon
- 1 clove garlic
- 0.1 teaspoon salt
- 0.1 teaspoon pepper
- 4 cups radicchio thinly
- 4 cups boston lettuce

- 2 oz cheese blue crumbled
- 0.5 cup chives fresh
- 0.3 cup walnut pieces toasted coarsely chopped

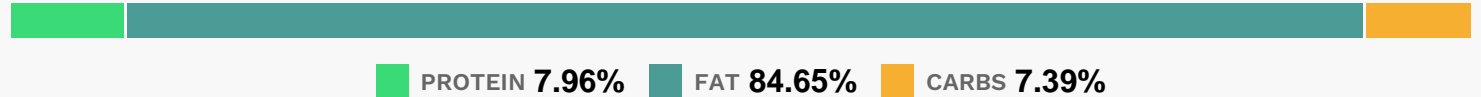
## Equipment

- food processor
- bowl
- blender

## Directions

- In blender or food processor, place all dressing ingredients. Cover and blend on high speed about 1 minute or until smooth.
- In large bowl, mix all salad ingredients.
- Add dressing; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:12.206521767637%

## Flavonoids

Cyanidin: 34.17mg, Cyanidin: 34.17mg, Cyanidin: 34.17mg, Cyanidin: 34.17mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

## Nutrients (% of daily need)

Calories: 228.23kcal (11.41%), Fat: 22.42g (34.49%), Saturated Fat: 4.34g (27.16%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.01g (1.12%), Cholesterol: 7.09mg (2.36%), Sodium: 165.12mg (7.18%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Vitamin K: 132.08µg (125.79%), Vitamin A: 1331.25IU (26.63%), Manganese: 0.51mg (25.62%), Folate: 59.4µg (14.85%), Copper: 0.29mg (14.45%), Vitamin E: 1.77mg (11.81%), Phosphorus: 100.76mg (10.08%), Vitamin C: 7.54mg (9.14%), Calcium: 82.26mg (8.23%), Magnesium: 29.84mg (7.46%), Potassium: 251.81mg (7.19%), Vitamin B6: 0.13mg (6.63%), Fiber: 1.49g (5.95%), Zinc: 0.86mg (5.75%), Iron: 1mg (5.55%), Vitamin B2: 0.09mg (5.09%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.37mg (3.71%), Selenium: 2.48µg (3.54%), Vitamin B3: 0.44mg (2.2%), Vitamin B12: 0.12µg (1.92%)