



Sherried Greens with Fruit and Blue Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice dry
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar
- 1 teaspoon sesame oil toasted
- 8 cups the salad mixed
- 1 medium pears thinly sliced
- 1 cup strawberries sliced
- 1 small onion red thinly sliced

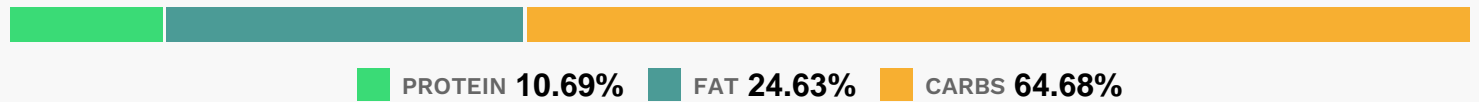
1 ounce cheese blue crumbled finely

Equipment

Directions

- In tightly covered container, shake all Sherry Vinaigrette ingredients until sugar is dissolved.
- On 8 salad plates, arrange salad greens, pear, strawberries and onion.
- Pour vinaigrette over salads.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:3.1, Inflammation Score:-5, Nutrition Score:4.0669564912501%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 1.66g (2.55%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.5g (3.09%), Sugar: 5.89g (6.55%), Cholesterol: 2.66mg (0.89%), Sodium: 52.73mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 21.93mg (26.58%), Vitamin A: 489.51IU (9.79%), Manganese: 0.16mg (8.23%), Folate: 24.57µg (6.14%), Fiber: 1.3g (5.2%), Potassium: 160.62mg (4.59%),

Phosphorus: 41.13mg (4.11%), Vitamin B6: 0.07mg (3.53%), Calcium: 32.82mg (3.28%), Vitamin B2: 0.05mg (2.86%), Magnesium: 11.02mg (2.76%), Copper: 0.06mg (2.75%), Iron: 0.43mg (2.4%), Vitamin B3: 0.38mg (1.92%), Vitamin B1: 0.03mg (1.86%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.16mg (1.63%), Vitamin K: 1.58µg (1.51%), Selenium: 0.85µg (1.22%)