



# Spicy Apple-Walnut Salad with Fat-Free Balsamic-Raisin Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



1

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 small apples chopped
- 2 cups baby spinach
- 1 teaspoon basil
- 0.5 cup alfalfa sprouts
- 2 teaspoons chia seeds
- 0.5 cup chickpeas cooked
- 1 large clove garlic

- 0.3 cup golden raisins (see note below)
- 0.5 jalapeno diced stemmed seeded to taste finely (add more or less )
- 2 tablespoons meyer lemon juice
- 1 teaspoon miso white to taste
- 1 teaspoon oregano
- 1 tablespoon raisins
- 5 cups the of 1 cos lettuce chopped ( 1 romaine heart)
- 1 serving the dressing to taste
- 1 tablespoon walnut pieces chopped
- 0.5 cup water
- 0.5 cup balsamic vinegar white

## Equipment

- bowl

## Directions

- Combine the lettuce, spinach, and sprouts or broccoli slaw in a large salad bowl and toss well with balsamic dressing. Top with the remaining ingredients and drizzle with a little more dressing, if desired.

## Nutrition Facts

■ PROTEIN **10.92%** ■ FAT **17.26%** ■ CARBS **71.82%**

## Properties

Glycemic Index:473.22, Glycemic Load:43.85, Inflammation Score:-10, Nutrition Score:46.21391287446%

## Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

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## **Nutrients (% of daily need)**

Calories: 674.2kcal (33.71%), Fat: 13.56g (20.86%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 127g (42.33%), Net Carbohydrates: 103.21g (37.53%), Sugar: 65.03g (72.26%), Cholesterol: 0.41mg (0.14%), Sodium: 353.51mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Vitamin K: 560.42µg (533.73%), Vitamin A: 26351.87IU (527.04%), Folate: 616.68µg (154.17%), Manganese: 2.92mg (146.12%), Fiber: 23.79g (95.17%), Vitamin C: 58.68mg (71.13%), Potassium: 2038.71mg (58.25%), Iron: 10.46mg (58.12%), Magnesium: 219.81mg (54.95%), Copper: 1.06mg (53.14%), Phosphorus: 467.95mg (46.79%), Vitamin B6: 0.78mg (39.2%), Calcium: 356.71mg (35.67%), Vitamin B2: 0.55mg (32.06%), Vitamin B1: 0.48mg (31.88%), Zinc: 3.53mg (23.51%), Vitamin E: 2.93mg (19.54%), Vitamin B3: 3.5mg (17.51%), Selenium: 10.97µg (15.66%), Vitamin B5: 1.02mg (10.25%)