



## Teenage Greens Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 oz cheese blue crumbled
- 2 teaspoons apple cider vinegar
- 5 oz the salad rinsed (4 in. long)
- 1 teaspoon honey
- 1 tablespoon juice of lemon
- 0.3 teaspoon lemon zest grated
- 2 tablespoons walnut oil
- 6 oz apples red

2 teaspoons shallots minced

## Equipment

bowl

whisk

## Directions

Rinse and core 1 red apple (6 oz.); slice into thin wedges. In a large serving bowl, whisk together 2 tablespoons walnut oil or olive oil, 1/4 teaspoon grated lemon peel, 1 tablespoon lemon juice, 2 teaspoons cider vinegar, 2 teaspoons minced shallots, and 1 teaspoon honey.

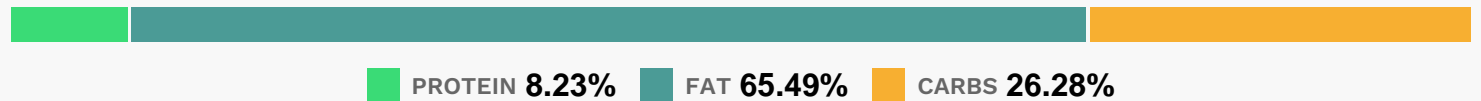
Add salt and pepper to taste.

Mix apples into dressing.

Add 8 cups (5 oz.) rinsed and crisped teenage greens (4 in. long) and mix gently.

Sprinkle with 1/3 cup (1 1/2 oz.) crumbled blue cheese and fresh-ground pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:45.32, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:3.6643478416878%

## Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 134.64kcal (6.73%), Fat: 10.16g (15.63%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.1g (6.78%), Cholesterol: 7.97mg (2.66%), Sodium: 132.26mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin C: 11.88mg (14.4%), Vitamin A: 506.97IU (10.14%), Calcium: 64.33mg (6.43%), Phosphorus: 60.83mg (6.08%), Folate: 19.36µg (4.84%), Fiber: 1.08g (4.32%), Vitamin B2: 0.07mg (4.17%), Potassium: 143.81mg (4.11%), Manganese: 0.08mg (3.95%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.39mg (2.57%), Selenium: 1.72µg (2.45%), Magnesium: 9.08mg (2.27%), Vitamin B12: 0.13µg (2.16%), Vitamin K: 2.25µg (2.14%), Iron: 0.34mg (1.86%), Copper: 0.04mg (1.79%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.02mg (1.5%)