



Tossed Salad and Raspberry Vinaigrette

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup aged balsamic vinegar
- 0.5 cup apple cider vinegar
- 22 ounce mandarin orange segments chilled drained canned
- 1.5 tablespoons dijon mustard
- 1 cup cranberries dried
- 1.5 cups feta cheese crumbled
- 1.5 cups grape tomatoes halved
- 1 pound field greens mixed

- 0.5 cup olive oil extra-virgin
- 1 cup raspberries fresh
- 2 teaspoons sugar
- 1 cup walnut pieces

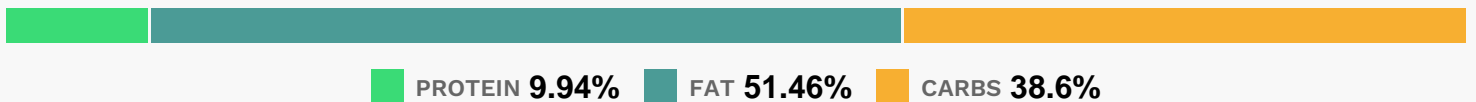
Equipment

- bowl
- blender

Directions

- Watch how to make this recipe.
- Place the salad greens in a large bowl.
- Mix in the cranberries, walnuts, mandarin oranges, grape tomatoes and feta.
- Combine the raspberries, vinegars, sugar and mustard in a blender until smooth. Slowly stream in the oil until combined.
- Toss the salad with the vinaigrette before serving.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:21.321304176165%

Flavonoids

Cyanidin: 9.8mg, Cyanidin: 9.8mg, Cyanidin: 9.8mg, Cyanidin: 9.8mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 419.96kcal (21%), Fat: 25.03g (38.5%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 36.7g (13.34%), Sugar: 30.26g (33.62%), Cholesterol: 33.38mg (11.13%), Sodium: 503.03mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Vitamin C: 63.43mg (76.88%), Manganese: 1.11mg (55.52%), Vitamin A: 2704.31IU (54.09%), Phosphorus: 260.8mg (26.08%), Vitamin B2: 0.44mg (25.81%), Calcium: 246.37mg (24.64%), Copper: 0.47mg (23.26%), Fiber: 5.53g (22.13%), Vitamin B6: 0.42mg (21%), Folate: 74.33µg (18.58%), Magnesium: 72.34mg (18.08%), Vitamin B1: 0.27mg (17.89%), Zinc: 2.61mg (17.39%), Potassium: 553.05mg (15.8%), Selenium: 8.76µg (12.52%), Iron: 2.16mg (11.99%), Vitamin E: 1.69mg (11.27%), Vitamin B12: 0.63µg (10.56%), Vitamin B3: 1.94mg (9.7%), Vitamin K: 9.46µg (9.01%), Vitamin B5: 0.72mg (7.19%)