



Tossed Salad with Apple Cider Dressing



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup orange juice concentrate frozen thawed ()
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons apples shredded finely
- ☐ 3 tablespoons cream sour reduced-fat
- ☐ 3 tablespoons water
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon pepper
- ☐ 2 cups the of 1 cos lettuce
- ☐ 2 cups pkt spinach fresh
- ☐ 1 cup lettuce
- ☐ 1 cup zucchini shredded
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 0.5 cup radishes chopped
- ☐ 0.5 cup bell pepper red chopped

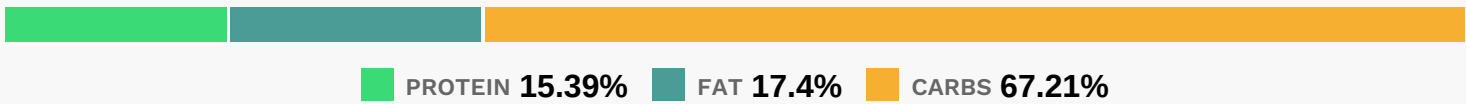
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, mix all dressing ingredients with wire whisk or fork until well blended.
- ☐ Add salad ingredients; toss.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:13.102608510981%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 49.55kcal (2.48%), Fat: 1.04g (1.6%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 7.1g (2.58%), Sugar: 5.99g (6.65%), Cholesterol: 2.1mg (0.7%), Sodium: 150.57mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 78.23µg (74.5%), Vitamin A: 2875.4IU (57.51%), Vitamin C: 43.25mg (52.42%), Folate: 69.94µg (17.48%), Manganese: 0.29mg (14.56%), Potassium: 357.81mg (10.22%), Vitamin B2: 0.15mg (8.54%), Vitamin B6: 0.16mg (8.15%), Fiber: 1.93g (7.71%), Magnesium: 27.08mg (6.77%), Vitamin B1: 0.09mg (5.97%), Iron: 0.93mg (5.14%), Phosphorus: 49.99mg (5%), Calcium: 47.31mg (4.73%), Vitamin B3: 0.88mg (4.41%), Copper: 0.09mg (4.27%), Vitamin E: 0.63mg (4.22%), Vitamin B5: 0.34mg (3.41%), Selenium: 2.21µg (3.16%), Zinc: 0.38mg (2.53%)