



Tossed Salad with Apple Cider Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple juice frozen thawed ()
- 2 tablespoons apples shredded finely
- 2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 0.5 cup mushrooms fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 cup lettuce
- 3 tablespoons cream sour reduced-fat

- 0.1 teaspoon pepper
- 0.5 cup radishes chopped
- 0.5 cup bell pepper red chopped
- 2 cups the of 1 cos lettuce
- 0.3 teaspoon salt
- 2 cups pkt spinach fresh
- 3 tablespoons water
- 1 cup zucchini shredded

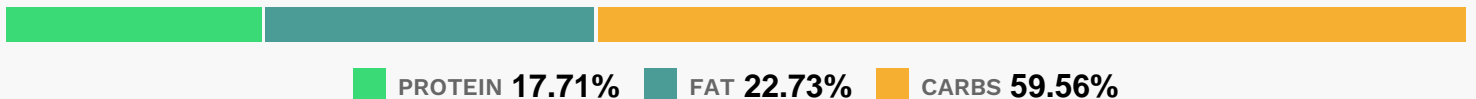
Equipment

- 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:58.63, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:11.588695625896%

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: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg 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: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 36.79kcal (1.84%), Fat: 1.02g (1.57%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.47g (3.85%), Cholesterol: 2.1mg (0.7%), Sodium: 150.16mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin K: 78.18µg (74.46%), Vitamin A: 2830.66IU (56.61%), Vitamin C: 26.18mg (31.73%), Folate: 60.83µg (15.21%), Manganese: 0.29mg (14.66%), Potassium: 293.81mg (8.39%), Vitamin B2: 0.13mg (7.42%), Fiber: 1.83g (7.32%), Vitamin B6: 0.13mg (6.7%), Magnesium: 23.46mg (5.86%), Iron: 0.9mg (4.99%), Calcium: 43.64mg (4.36%), Phosphorus: 43.49mg (4.35%), Copper: 0.08mg (3.98%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.76mg (3.81%), Vitamin E: 0.56mg (3.76%), Selenium: 2.18µg (3.11%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.36mg (2.42%)