



Winter Fruit Salad with Lemon-Poppy Seed Dressing

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apples cubed
- 1 cup cashew pieces
- 1 teaspoon dijon mustard
- 0.3 cup juice of lemon
- 2 teaspoons onion finely chopped
- 1 cup pears cubed
- 1 tablespoon poppy seeds

- 10 cups the of 1 cos lettuce
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.3 cup cranberries dried sweetened
- 4 oz swiss cheese shredded
- 0.7 cup vegetable oil

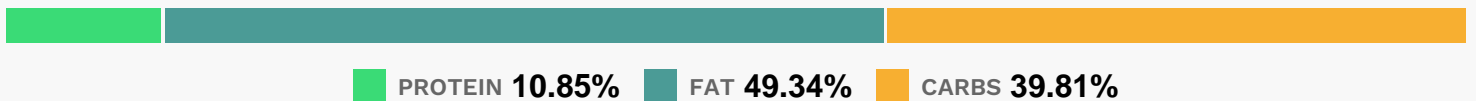
Equipment

- food processor
- bowl
- blender

Directions

- In blender or food processor, place sugar, onion, salt, lemon juice and mustard; cover and process until blended.
- With machine running, add oil in slow steady stream, processing until thick and smooth.
- Add poppy seed; process a few seconds to mix.
- In large serving bowl, mix all salad ingredients.
- Pour dressing over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:7.57, Inflammation Score:-9, Nutrition Score:11.720434707144%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

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Nutrients (% of daily need)

Calories: 183.4kcal (9.17%), Fat: 10.62g (16.33%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.1g (6.22%), Sugar: 13.86g (15.4%), Cholesterol: 8.79mg (2.93%), Sodium: 124.11mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin A: 3499.54IU (69.99%), Vitamin K: 49.42µg (47.06%), Manganese: 0.31mg (15.49%), Folate: 60.12µg (15.03%), Copper: 0.29mg (14.45%), Phosphorus: 140.31mg (14.03%), Calcium: 114.74mg (11.47%), Magnesium: 44.8mg (11.2%), Fiber: 2.17g (8.67%), Zinc: 1.21mg (8.08%), Selenium: 5.47µg (7.81%), Iron: 1.25mg (6.93%), Vitamin C: 5.34mg (6.47%), Potassium: 216.02mg (6.17%), Vitamin B1: 0.09mg (5.83%), Vitamin B12: 0.29µg (4.76%), Vitamin B6: 0.1mg (4.76%), Vitamin B2: 0.07mg (4.22%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.22mg (2.2%), Vitamin B3: 0.3mg (1.51%)