



Winter Salad with Pistachios and Dried Apricots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pistachios chopped
- ☐ 10 ounce gourmet salad greens
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 teaspoon sugar

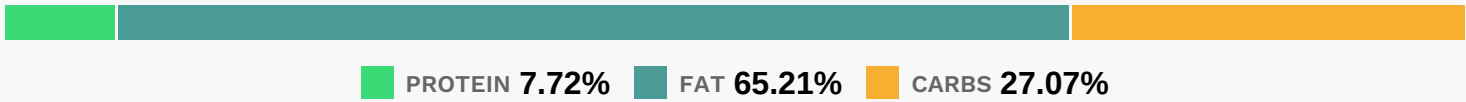
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine all ingredients in a small bowl; stir with a whisk.
- ☐ To prepare salad, combine all ingredients in a large bowl; add dressing.

Nutrition Facts



Properties

Glycemic Index:46.37, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:6.6373913495437%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 140.23kcal (7.01%), Fat: 10.67g (16.42%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.44g (3.07%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 192.93mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin A: 1132.31IU (22.65%), Vitamin C: 17mg (20.61%), Manganese: 0.25mg (12.29%), Vitamin E: 1.55mg (10.31%), Vitamin B6: 0.2mg (10.05%), Potassium: 303.39mg (8.67%), Copper: 0.17mg (8.38%), Folate: 31.15µg (7.79%), Phosphorus: 74.58mg (7.46%), Vitamin B1: 0.09mg (6.28%), Fiber: 1.52g (6.1%), Iron: 1.09mg (6.06%), Magnesium: 21.42mg (5.35%), Vitamin K: 4.71µg (4.48%), Vitamin B3: 0.72mg (3.58%), Vitamin B2: 0.06mg (3.27%), Selenium: 1.86µg (2.65%), Zinc: 0.37mg (2.47%), Calcium: 24.5mg (2.45%), Vitamin B5: 0.18mg (1.76%)