



Bibb Lettuce Salad with Persimmons and Candied Pecans

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 heads boston lettuce
- 1 cup cheese blue generous crumbled ()
- 8 servings candied pecans
- 4 fuyu persimmon pulp peeled sliced
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 0.3 cup juice of lemon fresh

- 6 tablespoons olive oil extra virgin extra-virgin
- 0.8 cup roasted cranberry sauce homemade (purchased or)

Equipment

- bowl
- whisk

Directions

- Whisk first 4 ingredients in medium bowl; whisk in oil. Season with salt and pepper.
- Mound lettuce in center of 8 plates. Top each with persimmon slices, then drizzle with dressing.
- Sprinkle with cheese and Candied Pecans.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:11.746956511684%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 471.54kcal (23.58%), Fat: 26.83g (41.27%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 56.21g (18.74%), Net Carbohydrates: 54.45g (19.8%), Sugar: 22.62g (25.13%), Cholesterol: 12.66mg (4.22%), Sodium: 309.1mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Vitamin C: 60.17mg (72.94%), Vitamin K: 48.78µg (46.46%), Vitamin A: 1489.88IU (29.8%), Iron: 3.2mg (17.8%), Calcium: 148.4mg (14.84%), Vitamin E: 1.88mg (12.55%), Potassium: 419.25mg (11.98%), Phosphorus: 102.42mg (10.24%), Folate: 37.68µg (9.42%), Fiber: 1.76g

(7.06%), Vitamin B2: 0.1mg (5.73%), Manganese: 0.09mg (4.71%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.55mg (3.66%), Vitamin B6: 0.07mg (3.49%), Vitamin B12: 0.21µg (3.43%), Magnesium: 10.35mg (2.59%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.36mg (1.78%), Copper: 0.02mg (1.15%)