Black Pepper-Chèvre Pastries on Mixed Winter Greens With Cranberry-Port Vinaigrette and Candied Pecans

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	12	284 kcal

SIDE DISH

Ingredients

- [ ] 2.5 cups candied pecans
- [ ] 24 ounce mandarin orange segents drained canned
- [ ] 1 cup currants
- [ ] 20 ounce salad greens mixed
- [ ] 12 servings pepper-chèvre pastries black
- [ ] 12 servings cranberry-port vinaigrette

- [ ] 1 cup shallots thinly sliced

Equipment

- [ ] bowl

Directions

- [ ] Toss greens with 1 1/2 cups vinaigrette in a large bowl, reserving 1/2 cup vinaigrette for another use. Toss in currants and shallots.
- [ ] Place about 2 cups greens mixture and 1 pastry on each of 12 salad plates. Top salad with oranges and pecans.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **11.39%** FAT **48.1%** CARBS **40.51%**

Properties

Glycemic Index:4.58, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:9.2456521521444%

Flavonoids

Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.97kcal (14.2%), Fat: 15.59g (23.99%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 26.87g (9.77%), Sugar: 22.38g (24.87%), Cholesterol: 13.8mg (4.6%), Sodium: 224.84mg (9.78%), Alcohol: 0.15g (100%), Alcohol %: 0.1% (100%), Protein: 8.31g (16.62%), Vitamin C: 32.32mg (39.18%), Vitamin A: 1600.09IU (32%), Copper: 0.32mg (16%), Phosphorus: 125.26mg (12.53%), Vitamin B6: 0.24mg (12.04%), Manganese: 0.21mg (10.72%), Fiber: 2.67g (10.69%), Vitamin B2: 0.18mg (10.37%), Iron: 1.78mg (9.89%), Potassium: 326.19mg (9.32%), Calcium: 89.21mg (8.92%), Folate: 31.82µg (7.96%), Vitamin B1: 0.12mg (7.75%), Magnesium: 24.78mg (6.2%), Zinc: 0.8mg (5.33%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.32mg (3.24%), Selenium: 1.58µg (2.26%), Vitamin E: 0.16mg (1.07%), Vitamin K: 1.09µg (1.04%)