



Blue Cheese Salad with Spicy Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large heads bibb lettuce
- ☐ 4 ounces cheese blue crumbled
- ☐ 2 green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.5 cup olive oil
- ☐ 2 cups spicy pecans
- ☐ 3 tablespoons raspberry vinegar
- ☐ 0.3 teaspoon salt

☐ 1 shallots minced

Equipment

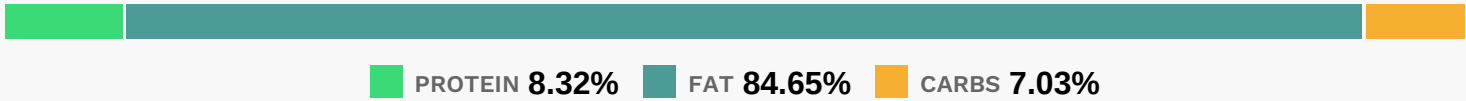
☐ bowl

☐ whisk

Directions

- ☐ Whisk together first 5 ingredients.
- ☐ Place lettuce in a large bowl.
- ☐ Sprinkle with cheese, green onions, and Spicy Pecans.
- ☐ Drizzle with vinaigrette, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:8.3060869276524%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 249.44kcal (12.47%), Fat: 24.6g (37.84%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.39g (1.55%), Cholesterol: 10.63mg (3.54%), Sodium: 236.89mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Manganese: 1.14mg (57.25%), Copper: 0.31mg (15.44%), Phosphorus: 126.99mg (12.7%), Vitamin B1: 0.17mg (11.41%), Fiber: 2.56g (10.26%), Zinc: 1.53mg (10.17%), Calcium: 96.12mg (9.61%), Vitamin K: 9.32µg (8.88%), Magnesium: 34.81mg (8.7%), Vitamin B2: 0.09mg (5.27%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.47mg (4.7%), Potassium: 161.25mg (4.61%), Vitamin B6: 0.09mg (4.42%),

Iron: 0.79mg (4.37%), Selenium: 3.06µg (4.37%), Folate: 13.72µg (3.43%), Vitamin A: 160.33IU (3.21%), Vitamin B12: 0.17µg (2.88%), Vitamin B3: 0.46mg (2.29%), Vitamin C: 1.1mg (1.34%)