



Breakfast Salad with Warm Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon pumpkinseed kernels unsalted
- ☐ 1 tablespoon blueberries dried
- ☐ 1 tablespoon cranberries dried
- ☐ 0.8 pound fuji apple cubed
- ☐ 0.5 cup kiwifruit cubed peeled
- ☐ 1 cup orange sections coarsely chopped (1 large)
- ☐ 1.5 cups asian pear ripe cubed (1 medium)
- ☐ 2 tablespoons pinenuts

☐

1 tablespoon roasted sunflower seed kernels

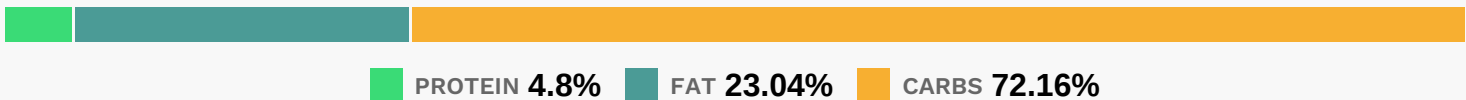
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 8 ingredients in a medium bowl.
- ☐ Heat a nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add pine nuts to pan; cook for 3 minutes or until lightly browned, shaking pan frequently.
- ☐ Add pine nuts to salad; toss gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.98, Glycemic Load:8.87, Inflammation Score:-5, Nutrition Score:10.314782536548%

Flavonoids

Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 8.73mg, Epicatechin: 8.73mg, Epicatechin: 8.73mg, Epicatechin: 8.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 188.22kcal (9.41%), Fat: 5.26g (8.1%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 30.24g (11%), Sugar: 26.04g (28.93%), Cholesterol: 0mg (0%), Sodium: 29.69mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 47.11mg (57.1%), Manganese: 0.6mg (29.9%), Fiber: 6.85g (27.39%), Vitamin K: 16.5µg (15.72%), Vitamin E: 2.05mg (13.67%), Copper: 0.24mg (11.85%), Potassium: 363.06mg (10.37%), Phosphorus: 89.65mg (8.96%), Folate: 34.95µg (8.74%), Magnesium: 32.87mg (8.22%), Vitamin B1: 0.09mg (6.33%), Vitamin B6: 0.12mg (6.01%), Vitamin B2: 0.08mg (4.94%), Vitamin B5: 0.44mg (4.45%), Iron: 0.78mg (4.36%), Zinc: 0.63mg (4.17%), Calcium: 41.58mg (4.16%), Vitamin B3: 0.76mg (3.82%), Vitamin A: 184.86IU (3.7%), Selenium: 2.36µg (3.38%)