



Candied Walnut Butter Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 heads boston lettuce washed and dried
- 0.5 teaspoon ground cinnamon
- 16 ounce mandarin orange segments canned
- 3 tablespoons orange-tangerine juice
- 0.5 onion red very thinly sliced
- 1 cup purchased salad dressing asian-style (such as miso dressing or ginger dressing)
- 6 tablespoons more tablespoons sugar
- 2 cups walnut halves

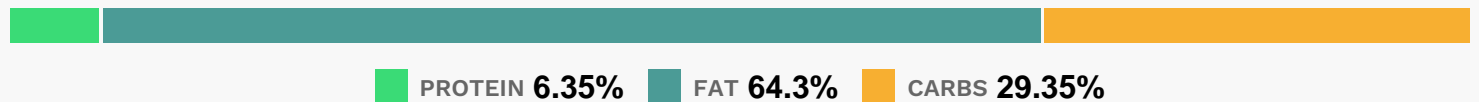
Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F.
- Line a large cookie sheet with foil and spray with nonstick spray. In a 10-inch skillet over medium heat, add 6 tablespoons sugar and orange-tangerine juice. Bring to a simmer, and then add walnuts. Cook until sugar is absorbed and mixture starts to caramelize around walnuts, stirring constantly, about 2 minutes.
- In a small bowl, mix cinnamon and remaining 3 tablespoons sugar. Toss walnuts in cinnamon-sugar.
- Place walnuts in single layer on prepared cookie sheet.
- Bake until walnuts appear crystallized and toasted, about 8 minutes. Set aside
- Place 4 to 6 dry lettuce leaves on each plate. Randomly place orange segments, onion slices, and walnuts on top of each lettuce bed.
- Drizzle 2 tablespoons of dressing on top of each salad and serve.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:9.57, Inflammation Score:-9, Nutrition Score:14.71434788082%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Hesperetin: 5.45mg, Hesperetin: 5.45mg, Hesperetin: 5.45mg, Hesperetin: 5.45mg Naringenin: 5.76mg, Naringenin: 5.76mg, Naringenin: 5.76mg, Naringenin: 5.76mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 337.24kcal (16.86%), Fat: 25.58g (39.36%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 22.66g (8.24%), Sugar: 20.15g (22.39%), Cholesterol: 0mg (0%), Sodium: 295.88mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Manganese: 1.14mg (56.79%), Vitamin K: 58.99µg (56.18%), Vitamin A: 1766.72IU (35.33%), Copper: 0.51mg (25.31%), Vitamin C: 19.29mg (23.38%), Folate: 69.08µg (17.27%), Magnesium: 60.99mg (15.25%), Fiber: 3.62g (14.49%), Phosphorus: 133.25mg (13.32%), Vitamin B6: 0.26mg (13.21%), Vitamin B1: 0.17mg (11.21%), Potassium: 365.4mg (10.44%), Iron: 1.56mg (8.66%), Calcium: 71.65mg (7.16%), Zinc: 1.06mg (7.08%), Vitamin E: 1.05mg (6.98%), Vitamin B2: 0.09mg (5.55%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.37mg (3.66%), Selenium: 2.42µg (3.46%)