



Candied Walnut Salad with Walnut Vinaigrette



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chervil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.3 teaspoons optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup vegetable oil; peanut oil preferred

- ☐ 8 servings salt to taste
- ☐ 10 ounces spring mix of spinach
- ☐ 12 ounces walnut halves
- ☐ 0.5 cup walnut oil
- ☐ 8 servings ground multi-colored peppercorns to taste

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with foil.
- ☐ Melt butter in a small saucepan over medium heat. Stir in brown sugar, and cook until the sugar has melted and turned deep brown – but not burnt, 5 to 8 minutes.
- ☐ Once the sugar has browned, stir in walnut halves until coated with caramelized sugar.
- ☐ Spread out onto prepared baking sheet, and place into preheated oven. Cook until the center of the walnuts have just turned a light golden brown, about 5 minutes. Once done, remove from the oven and allow to cool until warm or room temperature.
- ☐ Whisk the vinegar together with the chives, parsley, dill, and chervil.
- ☐ Whisk in walnut and peanut oils until well combined.
- ☐ To serve, toss the arugula with enough dressing to moisten in a large bowl. Season to taste with salt and pepper.
- ☐ Place onto salad plates and garnish with candied walnuts.

Nutrition Facts



 **PROTEIN 7.14%**  **FAT 72.67%**  **CARBS 20.19%**

Properties

Glycemic Index:33.25, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:16.631739038002%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 12.46mg, Kaempferol: 12.46mg, Kaempferol: 12.46mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 407.44kcal (20.37%), Fat: 34.87g (53.65%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 18g (6.55%), Sugar: 15.26g (16.96%), Cholesterol: 3.76mg (1.25%), Sodium: 221.37mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Manganese: 1.76mg (87.86%), Vitamin K: 59.96µg (57.1%), Copper: 0.73mg (36.48%), Magnesium: 89.21mg (22.3%), Vitamin A: 1053.28IU (21.07%), Folate: 80.45µg (20.11%), Phosphorus: 173.14mg (17.31%), Fiber: 3.79g (15.17%), Vitamin B6: 0.27mg (13.53%), Calcium: 126.32mg (12.63%), Iron: 2.26mg (12.54%), Potassium: 398.74mg (11.39%), Vitamin B1: 0.17mg (11.04%), Zinc: 1.57mg (10.5%), Vitamin C: 7.96mg (9.65%), Vitamin E: 0.94mg (6.3%), Vitamin B2: 0.1mg (6.05%), Vitamin B5: 0.44mg (4.38%), Selenium: 2.63µg (3.75%), Vitamin B3: 0.66mg (3.32%)