



## Citrus, Bacon & Pecan Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 22 oz mandarin orange segments drained canned
- 10 oz salad greens mixed
- 0.5 cup planters pecan halves
- 0.5 cup oscar mayer real bacon bits
- 1 onion red thinly sliced

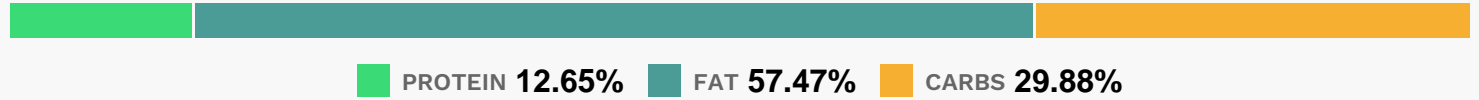
### Equipment

- bowl

## Directions

- Combine first 5 ingredients in large bowl.
- Add dressing; toss lightly.

## Nutrition Facts



## Properties

Glycemic Index:3.7, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:5.4934783532568%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 7.71g (11.87%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.61g (2.77%), Sugar: 6.07g (6.74%), Cholesterol: 8.07mg (2.69%), Sodium: 251.23mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin C: 28.59mg (34.65%), Vitamin A: 1143.32IU (22.87%), Manganese: 0.28mg (13.93%), Vitamin B1: 0.1mg (6.74%), Fiber: 1.41g (5.64%), Copper: 0.1mg (5.17%), Potassium: 169.94mg (4.86%), Magnesium: 17.07mg (4.27%), Zinc: 0.63mg (4.22%), Folate: 16.79µg (4.2%), Vitamin B6: 0.07mg (3.65%), Phosphorus: 34.82mg (3.48%), Iron: 0.5mg (2.75%), Vitamin B2: 0.04mg (2.52%), Vitamin B3: 0.5mg (2.52%), Calcium: 17.95mg (1.8%), Vitamin E: 0.17mg (1.1%)