



Citrus & Toasted Pecan Salad

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

READY IN



10 min.

SERVINGS



10

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.5 cup balsamic vinaigrette dressing kraft
- 22 oz mandarin orange segents drained cut into sections canned
- 1 cup planters pecan halves toasted
- 1 cup onion red thinly sliced
- 10 oz salad greens

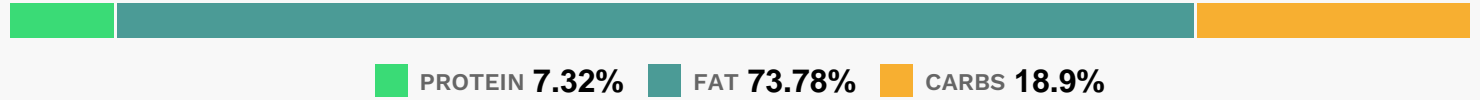
Equipment

- bowl

Directions

- Mix salad greens, oranges, bacon, onion and pecans in large bowl.
- Add dressing; toss lightly.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:7.8813042368578%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.99%), Fat: 18.5g (28.46%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.69g (3.16%), Sugar: 6.61g (7.34%), Cholesterol: 11.62mg (3.87%), Sodium: 233.84mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin C: 29.01mg (35.17%), Manganese: 0.51mg (25.49%), Vitamin A: 1152.71IU (23.05%), Vitamin B1: 0.18mg (12.31%), Copper: 0.17mg (8.61%), Fiber: 1.97g (7.88%), Phosphorus: 75.32mg (7.53%), Zinc: 1.07mg (7.16%), Vitamin B6: 0.14mg (6.82%), Potassium: 232.38mg (6.64%), Magnesium: 25.67mg (6.42%), Vitamin B3: 1.28mg (6.38%), Selenium: 4.36µg (6.22%), Folate: 18.83µg (4.71%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.82%), Calcium: 23.84mg (2.38%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.31mg (2.07%), Vitamin B12: 0.09µg (1.47%)