



## Cranberry Pecan Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon dijon mustard
- 0.8 cup cranberries dried
- 6 servings feta cheese crumbled
- 6 tablespoons olive oil
- 1 cup pecan halves
- 2 tablespoons raspberry vinegar
- 0.5 medium onion red thinly sliced
- 6 cups salad greens mixed dried rinsed

- 0.5 teaspoon salt
- 0.5 teaspoon sugar

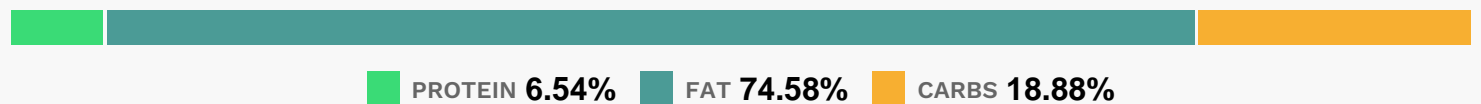
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Spread pecans evenly on a baking sheet. Toast for 8 to 10 minutes, or until lightly browned and fragrant.
- In a small bowl, stir together the vinegar, mustard, sugar, salt, and pepper; mix until sugar and salt dissolve.
- Whisk in olive oil.
- In a salad bowl, toss together the greens, cranberries, pecans, onions, and cheese.
- Drizzle with vinaigrette, and toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:34.35, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:11.126956455086%

## Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## **Nutrients (% of daily need)**

Calories: 376.6kcal (18.83%), Fat: 32.55g (50.07%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 15.99g (5.81%), Sugar: 12.4g (13.78%), Cholesterol: 26.7mg (8.9%), Sodium: 552.43mg (24.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Manganese: 0.88mg (43.82%), Vitamin B2: 0.3mg (17.75%), Vitamin E: 2.62mg (17.48%), Calcium: 169mg (16.9%), Phosphorus: 167.13mg (16.71%), Vitamin C: 10.17mg (12.33%), Copper: 0.24mg (12.08%), Vitamin A: 590.72IU (11.81%), Vitamin B1: 0.17mg (11.6%), Zinc: 1.73mg (11.54%), Vitamin B6: 0.21mg (10.54%), Fiber: 2.56g (10.24%), Vitamin K: 10.74µg (10.23%), Vitamin B12: 0.51µg (8.45%), Magnesium: 32.04mg (8.01%), Selenium: 5.57µg (7.96%), Folate: 29.8µg (7.45%), Iron: 1.04mg (5.78%), Vitamin B5: 0.53mg (5.26%), Potassium: 180.32mg (5.15%), Vitamin B3: 0.81mg (4.03%)