



Crunchy Pecan Greens with Fresh Berries

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- 1 cup blueberries
- 0.1 teaspoon pepper red crushed
- 0.8 teaspoons curry powder
- 0.5 cup pecans chopped
- 3 ounce japanese ramen noodles
- 0.8 cup onion red thinly sliced
- 5 ounce the salad
- 0.3 teaspoon salt

- 2 tablespoons sesame oil
- 2 cups strawberries quartered
- 3 tablespoons sugar
- 0.3 cup balsamic vinegar white

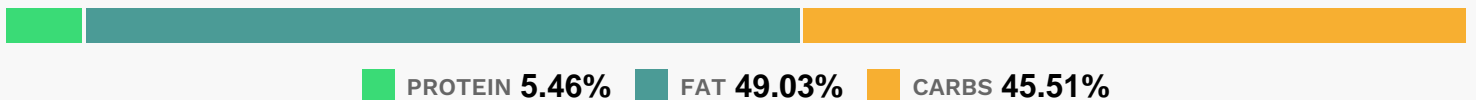
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large nonstick skillet over medium heat.
- Add ramen noodles and pecans; cook 10 minutes or until lightly browned.
- Remove from heat, and cool to room temperature.
- Combine ramen noodles, pecans, salad greens, and next 3 ingredients in a large bowl.
- Combine balsamic vinegar and next 5 ingredients in a small bowl, stirring well with a whisk.
- Pour dressing over salad mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:9.15, Inflammation Score:-5, Nutrition Score:7.0891304093858%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg Delphinidin: 7.16mg, Delphinidin: 7.16mg, Delphinidin: 7.16mg, Delphinidin: 7.16mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-

gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg
Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg
Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg
Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 182.64kcal (9.13%), Fat: 10.31g (15.86%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 19.13g (6.96%), Sugar: 10.76g (11.96%), Cholesterol: 0mg (0%), Sodium: 297.97mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin C: 28.31mg (34.32%), Manganese: 0.63mg (31.47%), Vitamin B1: 0.18mg (12.17%), Fiber: 2.39g (9.56%), Folate: 32.97µg (8.24%), Copper: 0.15mg (7.39%), Iron: 1.08mg (6.01%), Vitamin K: 5.96µg (5.68%), Phosphorus: 56.41mg (5.64%), Magnesium: 21.73mg (5.43%), Potassium: 184.17mg (5.26%), Vitamin A: 232.1IU (4.64%), Vitamin B3: 0.86mg (4.28%), Vitamin B6: 0.09mg (4.25%), Vitamin B2: 0.07mg (3.91%), Vitamin E: 0.57mg (3.81%), Zinc: 0.56mg (3.73%), Calcium: 24.43mg (2.44%), Selenium: 1.7µg (2.42%), Vitamin B5: 0.2mg (1.96%)