



HEALTH SCORE

100%

Fall Green Salad with Apples, Nuts, and Pain d'Épice Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 qts pieces packed



0.5 teaspoon cinnamon



2 cups lightly frisée packed



0.1 teaspoon ground cloves



0.5 teaspoon ground ginger



4 tablespoons roasted hazelnut oil divided



0.3 tsp kosher salt and pepper

- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ 1 tart-sweet apple such as jonathan thinly sliced
- ☐ 0.8 cup walnut halves

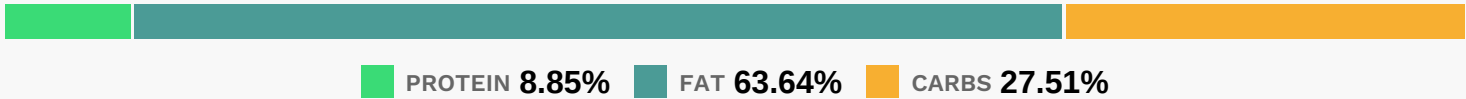
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 35
- ☐ Put walnuts in a pie pan. In another pie pan, toss bread with 1 tbsp. oil.
- ☐ Bake walnuts and bread, stirring occasionally, until walnuts are golden and croutons are golden and crisp, 12 to 15 minutes.
- ☐ Let cool. Coarsely chop nuts.
- ☐ Whisk remaining 3 tbsp. oil, the zest, orange juice, spices, and 1/4 tsp. each salt and pepper in a large bowl. Toss gently with lettuce, frise, apple, nuts, and croutons.
- ☐ Add more salt and pepper to taste if you like.
- ☐ *Find at well-stocked grocery stores and latourangelle.com

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:26.736956492714%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 250.55kcal (12.53%), Fat: 18.76g (28.86%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 12.53g (4.56%), Sugar: 7.99g (8.87%), Cholesterol: 0mg (0%), Sodium: 193.65mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin A: 24357.74IU (487.15%), Vitamin C: 69.72mg (84.51%), Manganese: 1.64mg (82.04%), Vitamin K: 50.79µg (48.37%), Folate: 157.75µg (39.44%), Vitamin E: 5.77mg (38.49%), Vitamin B1: 0.39mg (26.24%), Potassium: 810.7mg (23.16%), Fiber: 5.73g (22.91%), Vitamin B2: 0.37mg (21.58%), Vitamin B6: 0.43mg (21.58%), Iron: 3.54mg (19.64%), Magnesium: 72.86mg (18.22%), Phosphorus: 156.18mg (15.62%), Calcium: 150.69mg (15.07%), Copper: 0.3mg (14.91%), Vitamin B3: 1.61mg (8.07%), Zinc: 1.18mg (7.89%), Selenium: 2.78µg (3.97%), Vitamin B5: 0.32mg (3.24%)