



Field Greens with Tangerine Dressing and Pesto Wafers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil leaves fresh loosely packed
- ☐ 1 garlic clove halved
- ☐ 3 ounces parmigiano-reggiano cheese freshly grated
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 small purple onion halved thinly sliced
- ☐ 6 cups gourmet salad greens mixed loosely packed
- ☐ 6 servings tangerine dressing

☐ 3 tangerines

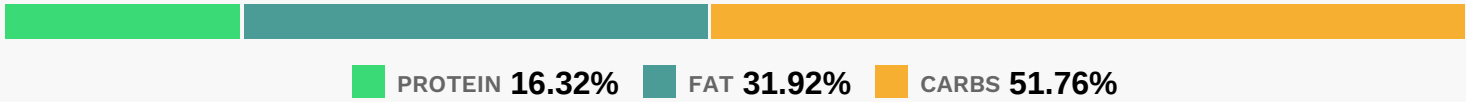
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a food processor or blender; process until smooth, stopping to scrape down sides. Stir together basil mixture and grated cheese in a small bowl.
- ☐ Place a 1 1/2" round cutter on a lightly greased baking sheet.
- ☐ Sprinkle 1 tablespoon cheese mixture into cutter. Press cheese into cutter; remove cutter. Repeat procedure with remaining cheese mixture, spacing wafers 2" apart.
- ☐ Bake at 350 for 10 to 12 minutes or until edges are browned. Cool 30 seconds on baking sheet.
- ☐ Remove to wire racks to cool completely.
- ☐ Toss salad greens with Tangerine Dressing.
- ☐ Add tangerine sections and onion slices.
- ☐ Serve with cheese wafers.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:7.76, Inflammation Score:-8, Nutrition Score:11.960869570141%

Flavonoids

Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg Naringenin: 15.33mg, Naringenin: 15.33mg, Naringenin: 15.33mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 170.21kcal (8.51%), Fat: 6.46g (9.94%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 20.52g (7.46%), Sugar: 16.85g (18.72%), Cholesterol: 9.64mg (3.21%), Sodium: 241.11mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin C: 51.23mg (62.1%), Vitamin A: 1678.56IU (33.57%), Calcium: 235.55mg (23.55%), Manganese: 0.45mg (22.51%), Phosphorus: 167.91mg (16.79%), Fiber: 3.07g (12.26%), Folate: 44.07µg (11.02%), Potassium: 375.04mg (10.72%), Magnesium: 39.26mg (9.81%), Vitamin B6: 0.19mg (9.33%), Vitamin B1: 0.12mg (8.27%), Vitamin B2: 0.13mg (7.87%), Vitamin K: 7.62µg (7.25%), Copper: 0.14mg (7.15%), Zinc: 0.83mg (5.52%), Selenium: 3.65µg (5.21%), Vitamin B3: 1.01mg (5.03%), Iron: 0.85mg (4.73%), Vitamin B5: 0.47mg (4.7%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.17µg (2.83%)