



Georgia Pecan Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 teaspoon hot sauce
- ☐ 7 oz baby lettuce mixed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup onion finely chopped
- ☐ 3 cups peaches fresh frozen sliced
- ☐ 4 oz pecans

- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vegetable oil

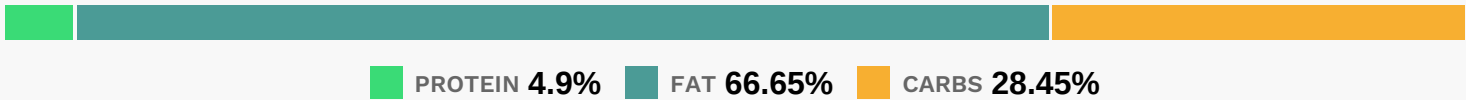
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F. Line a baking sheet with foil; coat with cooking spray.
- ☐ Whisk vegetable oil, hot sauce, 2 Tbsp. sugar and salt to taste in a bowl; add pecans and toss to coat.
- ☐ Spread on prepared sheet.
- ☐ Bake until sugar bubbles and pecans begin to brown, 3 to 5 minutes. Cool to room temperature on a rack.
- ☐ Chop just enough peach slices to make 1/2 cup and puree with vinegar, olive oil, mustard, onion, 1 Tbsp. sugar, and salt and pepper to taste in a blender.
- ☐ Divide greens among 8 salad plates; top with peaches, dressing and pecans.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:5.37, Inflammation Score:-8, Nutrition Score:9.4347825464995%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 184.5kcal (9.22%), Fat: 14.37g (22.11%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 11.01g (4%), Sugar: 10.42g (11.58%), Cholesterol: 0mg (0%), Sodium: 253.84mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin A: 2036.04IU (40.72%), Manganese: 0.8mg (39.76%), Vitamin K: 37.26µg (35.48%), Copper: 0.23mg (11.44%), Fiber: 2.8g (11.18%), Vitamin B1: 0.13mg (8.95%), Vitamin E: 1.17mg (7.8%), Magnesium: 28.05mg (7.01%), Phosphorus: 65.87mg (6.59%), Vitamin C: 5.28mg (6.41%), Potassium: 200.86mg (5.74%), Zinc: 0.86mg (5.73%), Iron: 0.89mg (4.93%), Selenium: 3.24µg (4.63%), Folate: 17.23µg (4.31%), Vitamin B6: 0.08mg (3.77%), Vitamin B3: 0.75mg (3.76%), Vitamin B2: 0.06mg (3.59%), Vitamin B5: 0.26mg (2.61%), Calcium: 25.92mg (2.59%)