



Green Salad with Cranberry-Champagne Vinaigrette

 Gluten Free

READY IN



23 min.

SERVINGS



10

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons butter melted
- 2 tablespoons champagne vinegar
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.3 cup flat-leaf parsley fresh chopped
- 1 teaspoon garlic powder
- 15 ounce salad greens mixed with dole spring mix)

- 2 navel oranges peeled drained
- 0.5 cup olive oil extra-virgin
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 cups pecan halves
- 1 small onion red thinly sliced
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 cup whole-berry cranberry sauce

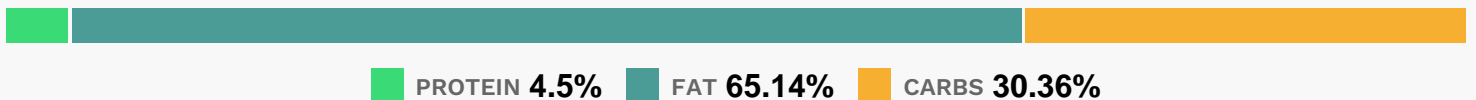
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Combine first 6 ingredients in a small bowl; toss well. Arrange pecans in a single layer on a foil-lined baking sheet.
- Bake at 350 for 15 minutes or until toasted; set aside.
- Combine cranberry sauce and next 4 ingredients in a jar with a tight-fitting lid; shake well until cranberry sauce dissolves.
- Add oil; shake well.
- Combine greens, parsley, onion, and oranges; toss well.
- Sprinkle with reserved pecans, and serve with desired amount of vinaigrette.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:10.55086941272%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 260.55kcal (13.03%), Fat: 20.02g (30.81%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 21g (7%), Net Carbohydrates: 18.07g (6.57%), Sugar: 13.61g (15.13%), Cholesterol: 9.03mg (3.01%), Sodium: 391.2mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 1.01mg (50.6%), Vitamin K: 36.42µg (34.69%), Vitamin C: 19.78mg (23.98%), Vitamin A: 1003.91IU (20.08%), Copper: 0.29mg (14.66%), Fiber: 2.93g (11.72%), Vitamin B1: 0.17mg (11.26%), Magnesium: 35.28mg (8.82%), Phosphorus: 85.91mg (8.59%), Vitamin E: 1.21mg (8.08%), Zinc: 1.09mg (7.28%), Folate: 28.94µg (7.24%), Potassium: 241.3mg (6.89%), Iron: 1.19mg (6.61%), Vitamin B6: 0.13mg (6.29%), Vitamin B2: 0.07mg (4.18%), Calcium: 36.15mg (3.62%), Vitamin B3: 0.64mg (3.18%), Vitamin B5: 0.3mg (2.95%), Selenium: 1.28µg (1.83%)