



Green Salad with Spiced Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 rib celery stalks thinly sliced
- 0.5 teaspoon cinnamon
- 0.5 teaspoon cumin
- 1 apples i use 2 granny smith apples cored thinly sliced
- 1 teaspoon olive oil
- 3 tablespoons olive oil
- 2 tablespoons orange juice
- 2 teaspoons orange zest grated

- 1 large head red-leaf lettuce
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 8 servings salt and pepper
- 2 teaspoons sugar
- 1 cup walnuts shelled toasted

Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk sugar, olive oil, 2 Tbsp. water, salt, cinnamon and cumin in a large skillet.
- Add walnuts and toss to coat. Cook over medium-low heat, stirring constantly, until nuts are crisp and slightly glazed, about 2 minutes.
- Whisk olive oil, vinegar, orange zest and juice in a large bowl. Season with salt and pepper. Tear lettuce into large pieces and pile on top.
- Add celery and apple; toss. Top with walnuts and serve.

Nutrition Facts



PROTEIN 6.31% **FAT 76.6%** **CARBS 17.09%**

Properties

Glycemic Index:27.01, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:10.43782609442%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 171.46kcal (8.57%), Fat: 15.45g (23.77%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.3g (4.77%), Cholesterol: 0mg (0%), Sodium: 350.36mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.73%), Vitamin A: 2922.67IU (58.45%), Vitamin K: 58.56µg (55.77%), Manganese: 0.62mg (30.8%), Copper: 0.25mg (12.72%), Fiber: 2.02g (8.07%), Folate: 30.45µg (7.61%), Magnesium: 30.25mg (7.56%), Vitamin E: 1.04mg (6.93%), Vitamin C: 5.52mg (6.69%), Phosphorus: 65.96mg (6.6%), Vitamin B6: 0.13mg (6.5%), Iron: 1.08mg (6.02%), Vitamin B1: 0.08mg (5.58%), Potassium: 176.39mg (5.04%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.06mg (3.54%), Calcium: 32.85mg (3.28%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.16mg (1.64%)