



Holiday Salad with Parmesan Fans

READY IN



50 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 2-inch wonton wrappers (3 1/ square)
- 1 tablespoon salad dressing italian
- 2 teaspoons parmesan cheese grated
- 5 oz the salad
- 0.3 cup salad dressing italian
- 0.3 cup pistachios green red coarsely chopped

Equipment

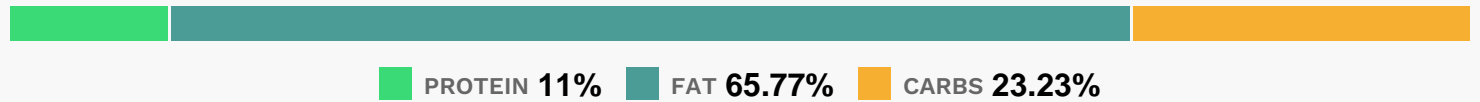
- bowl

- baking sheet
- oven
- cutting board

Directions

- Heat oven to 350°F.
- Place wonton wrappers on cutting board. In each wrapper, cut 3/8- to 1/2-inch strips to within 1/2 inch of bottom. Make 2 or 3 pleats in the same direction on bottom edge of each wrapper to form fan base; spread strips gently to form fan shape. Carefully transfer fans to cookie sheet.
- Brush with 1 tablespoon dressing; sprinkle with cheese.
- Bake 4 to 6 minutes or until light brown. Cool completely.
- In medium bowl, toss salad greens and 1/4 cup dressing. Arrange greens on 6 salad plates; sprinkle with nuts.
- Place fans upright in salad.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:3.4443478009299%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 81.11kcal (4.06%), Fat: 6.15g (9.46%), Saturated Fat: 1g (6.23%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.83g (2.04%), Cholesterol: 1.52mg (0.51%), Sodium: 161.08mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin B6: 0.14mg (7.22%), Vitamin C: 5.91mg (7.17%), Vitamin K: 6.82µg (6.49%), Manganese: 0.13mg (6.41%), Vitamin A: 315.45IU (6.31%), Phosphorus: 55.74mg (5.57%),

Copper: 0.11mg (5.25%), Vitamin B1: 0.07mg (4.97%), Potassium: 124.7mg (3.56%), Folate: 13.18µg (3.3%), Magnesium: 12.25mg (3.06%), Fiber: 0.72g (2.89%), Vitamin E: 0.43mg (2.87%), Iron: 0.49mg (2.72%), Calcium: 26.82mg (2.68%), Selenium: 1.67µg (2.39%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.29mg (1.45%)