



Lanny's Salad With Candied Pumpkin Seeds

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

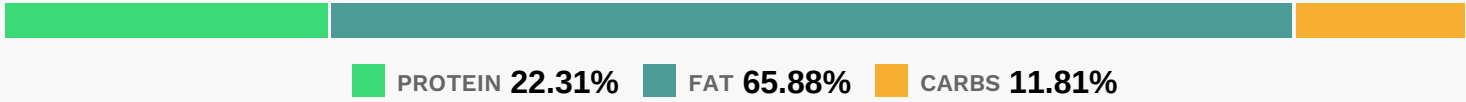
- ☐ 10 oz baby greens sweet washed
- ☐ 8 servings citrus-cumin dressing
- ☐ 0.8 cup candied pumpkin seeds
- ☐ 4 oz queso fresco crumbled

Equipment

Directions

- ☐
- Toss greens with Citrus–Cumin Dressing; arrange on a serving platter.
- ☐
- Sprinkle evenly with queso fresco and Candied Pumpkin Seeds.
- ☐
- Serve immediately.
- ☐
- Note: For testing purposes only, we used Fresh Express Sweet Baby Greens.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:5.711739078812%

Nutrients (% of daily need)

Calories: 85.34kcal (4.27%), Fat: 6.56g (10.1%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.44g (0.48%), Cholesterol: 9.78mg (3.26%), Sodium: 117.77mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Manganese: 0.36mg (18%), Phosphorus: 147.36mg (14.74%), Magnesium: 46.48mg (11.62%), Vitamin A: 530.47IU (10.61%), Vitamin C: 8.41mg (10.2%), Calcium: 96.91mg (9.69%), Iron: 1.44mg (8.02%), Zinc: 0.96mg (6.38%), Copper: 0.11mg (5.58%), Selenium: 3.49µg (4.99%), Folate: 17.68µg (4.42%), Potassium: 145.66mg (4.16%), Vitamin B12: 0.24µg (3.97%), Vitamin B2: 0.05mg (3.22%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.04mg (2.62%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.38µg (2.55%), Fiber: 0.47g (1.86%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.38%)