



Lettuce, Orange, and Pecan Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 heads boston lettuce rinsed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 navel oranges peeled sliced into thin circles
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup orange juice
- ☐ 3 ounces pecans toasted roughly chopped
- ☐ 1 shallots minced

☐ 1 tablespoon citrus champagne vinegar

Equipment

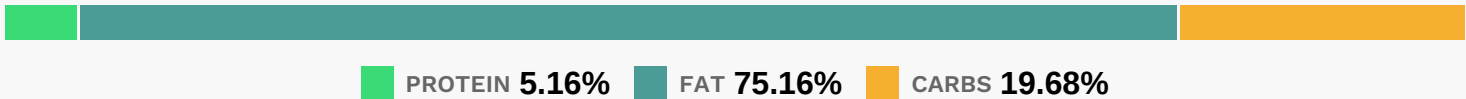
☐ bowl

☐ whisk

Directions

- ☐ Place the lettuce, oranges, pecans, and goat cheese (if using) in a large bowl. In a small bowl, whisk together the orange juice, vinegar, shallot, oil, salt, and pepper.
- ☐ Add to the salad and toss. Divide among individual salad plates.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:11.951739254205%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.58mg, Hesperetin: 8.58mg, Hesperetin: 8.58mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 164.48kcal (8.22%), Fat: 14.61g (22.48%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 149.5mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 67.1µg (63.91%), Vitamin A: 2132.83IU (42.66%), Vitamin C: 27.2mg (32.97%), Manganese: 0.62mg (30.87%), Folate: 62.26µg (15.56%), Fiber: 2.59g (10.38%), Vitamin B1: 0.14mg (9.18%), Vitamin E: 1.29mg (8.59%), Copper: 0.16mg (7.91%), Potassium: 274.76mg (7.85%),

Magnesium: 26.35mg (6.59%), Iron: 1.18mg (6.55%), Phosphorus: 61.11mg (6.11%), Vitamin B6: 0.11mg (5.71%), Calcium: 46.44mg (4.64%), Zinc: 0.65mg (4.33%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.3mg (2.99%), Vitamin B3: 0.53mg (2.65%), Selenium: 0.82µg (1.17%)