



## Mesclun with Berries and Sweet Spiced Almonds

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

### Ingredients

- 6 tablespoons almonds sweet
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 0.5 teaspoon dijon mustard country-style
- 0.3 cup chives fresh chopped
- 2 teaspoons honey
- 1.8 cups raspberries (1 [6-ounce] container)

- 5 cups the salad
- 0.3 teaspoon salt
- 3 tablespoons citrus champagne vinegar

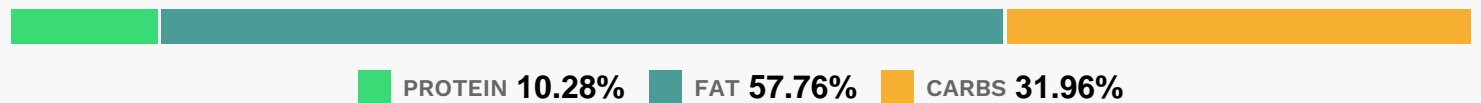
## Equipment

- bowl
- whisk

## Directions

- Combine first 3 ingredients in a large bowl.
- Combine vinegar and next 4 ingredients (through pepper) in a small bowl. Gradually add oil, stirring with a whisk.
- Drizzle vinegar mixture over lettuce mixture; toss gently to coat. Arrange 1 cup salad on each of 6 plates; top each serving with 1 tablespoon Sweet Spiced Almonds.

## Nutrition Facts



## Properties

Glycemic Index:32.88, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:7.5334782963214%

## Flavonoids

Cyanidin: 16.27mg, Cyanidin: 16.27mg, Cyanidin: 16.27mg, Cyanidin: 16.27mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 111.44kcal (5.57%), Fat: 7.6g (11.7%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 111.35mg (4.84%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Manganese: 0.53mg (26.54%), Vitamin E: 3.28mg (21.85%), Vitamin C: 17.92mg (21.72%), Fiber: 3.6g (14.4%), Magnesium: 39.69mg (9.92%), Vitamin A: 463.39IU (9.27%), Vitamin B2: 0.15mg (8.65%), Copper: 0.16mg (7.82%), Vitamin K: 8.02µg (7.64%), Phosphorus: 73.43mg (7.34%), Folate: 25.92µg (6.48%), Potassium: 193.75mg (5.54%), Iron: 0.9mg (5.02%), Calcium: 42.61mg (4.26%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.55mg (3.66%), Vitamin B6: 0.06mg (3.14%), Vitamin B1: 0.04mg (2.92%), Vitamin B5: 0.21mg (2.11%), Selenium: 0.79µg (1.13%)