



Mess O' Greens Salad with Warm Pecan Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons honey
- ☐ 3 cups mustard greens fresh shredded
- ☐ 0.3 cup pecans coarsely chopped
- ☐ 3 cups turnip greens fresh shredded
- ☐ 2 teaspoons vegetable oil

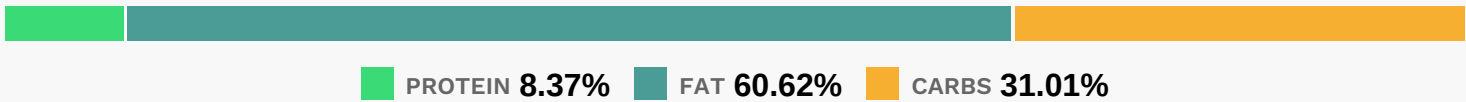
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine greens in a large bowl, and set aside.
- ☐ Stir together vinegar, honey, and Dijon mustard.
- ☐ Cook vinegar mixture and pecans in hot oil in a small skillet over medium heat, stirring often, 2 minutes.
- ☐ Pour over greens, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:88.14, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:29.485217446866%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg Kaempferol: 41.96mg, Kaempferol: 41.96mg, Kaempferol: 41.96mg, Kaempferol: 41.96mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 254.33kcal (12.72%), Fat: 18.43g (28.36%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 13.81g (5.02%), Sugar: 10.74g (11.94%), Cholesterol: 0mg (0%), Sodium: 136.26mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin K: 432.82µg (412.21%), Vitamin A: 12114.93IU (242.3%), Vitamin C: 108.56mg (131.59%), Manganese: 1.26mg (62.99%), Folate: 174.79µg (43.7%), Copper: 0.66mg (32.88%), Vitamin E: 4.7mg (31.31%), Fiber: 7.41g (29.63%), Calcium: 275.53mg (27.55%), Vitamin B6: 0.41mg (20.66%), Magnesium: 80.1mg (20.02%), Potassium: 674.05mg (19.26%), Vitamin B1: 0.26mg (17.27%),

Iron: 3.01mg (16.72%), Phosphorus: 145.11mg (14.51%), Vitamin B2: 0.21mg (12.13%), Zinc: 1.27mg (8.44%), Selenium: 5.04µg (7.2%), Vitamin B3: 1.43mg (7.15%), Vitamin B5: 0.67mg (6.74%)