



Mixed Green Salad with Pecans, Goat Cheese, and Honey Mustard Vinaigrette



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces pecans whole
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup olive oil extra virgin
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon honey mustard
- ☐ 1 teaspoon garlic minced

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound salad greens mixed fresh
- ☐ 4 ounces goat cheese
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 bell pepper red cored seeded cut into 1–2 inch thin slices

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Toast the pecans: Preheat oven to 300°F.
- ☐ Put the pecans in a bowl, sprinkle the melted butter over them, and toss until they are all well coated with butter. Then sprinkle the pecans with sugar and gently toss again until they are lightly coated.
- ☐ Line a baking sheet with Silpat or parchment paper and spread the coated pecans out over it in a single layer.
- ☐ Bake in the 300°F oven for 20 minutes.
- ☐ Remove from the oven and let sit until cool enough to touch.
- ☐ Place the olive oil, balsamic vinegar, honey mustard, minced garlic, and red pepper flakes in a jar, cover and shake until the dressing is well mixed. Season to taste with salt and pepper.
- ☐ Place the salad greens and spinach in a large bowl.
- ☐ Add the goat cheese, dried cranberries, red bell pepper, and pecans. Toss with 1/4 cup of the dressing.
- ☐ Serve immediately. Chill remaining dressing.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:9.6617392146069%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 229.35kcal (11.47%), Fat: 18.8g (28.93%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 10.43g (3.79%), Sugar: 7.51g (8.35%), Cholesterol: 10.28mg (3.43%), Sodium: 294.5mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin C: 32.48mg (39.36%), Manganese: 0.78mg (39.02%), Vitamin A: 1326.5IU (26.53%), Copper: 0.31mg (15.56%), Phosphorus: 104.53mg (10.45%), Vitamin B1: 0.13mg (8.67%), Folate: 32.72µg (8.18%), Vitamin B6: 0.16mg (8.07%), Vitamin E: 1.19mg (7.91%), Fiber: 1.9g (7.61%), Magnesium: 28.78mg (7.19%), Vitamin B2: 0.12mg (6.84%), Iron: 1.16mg (6.47%), Zinc: 0.95mg (6.32%), Potassium: 204.74mg (5.85%), Calcium: 42.15mg (4.22%), Vitamin K: 4.4µg (4.19%), Vitamin B3: 0.72mg (3.58%), Vitamin B5: 0.35mg (3.47%), Selenium: 1.29µg (1.85%)