



Mixed Greens Salad With Apple Cider Vinaigrette

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings apple cider vinaigrette
- 10 oz baby salad greens mixed washed
- 0.8 cup cranberries dried
- 4 oz feta cheese crumbled
- 0.5 cup pecans chopped

Equipment

- bowl

frying pan

oven

Directions

Place pecans in an even layer in a shallow pan.

Bake pecans at 350 for 15 minutes or until toasted, stirring once.

Place greens in a large bowl. Top with cheese, cranberries, and toasted pecans.

Drizzle with Apple Cider Vinaigrette just before serving.

Nutrition Facts



PROTEIN 6.72% **FAT 38.74%** **CARBS 54.54%**

Properties

Glycemic Index:9.72, Glycemic Load:5.83, Inflammation Score:-4, Nutrition Score:6.2226087269576%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 182.81kcal (9.14%), Fat: 8.26g (12.71%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.67g (8.97%), Sugar: 20.55g (22.83%), Cholesterol: 12.62mg (4.21%), Sodium: 176.37mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Manganese: 0.49mg (24.26%), Vitamin C: 9.44mg (11.45%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 467.45IU (9.35%), Calcium: 90.28mg (9.03%), Phosphorus: 90.12mg (9.01%), Vitamin B1: 0.11mg (7.01%), Potassium: 229.49mg (6.56%), Vitamin B6: 0.13mg (6.48%), Copper: 0.13mg (6.31%), Fiber: 1.51g (6.03%), Zinc: 0.83mg (5.52%), Magnesium: 21.54mg (5.38%), Folate: 19.15µg (4.79%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.72µg (3.89%), Iron: 0.68mg (3.79%), Vitamin B5: 0.32mg (3.24%), Vitamin B3: 0.57mg (2.84%), Vitamin E: 0.37mg (2.48%), Vitamin K: 1.36µg (1.29%)