



Mixed Greens Salad with Warm Walnut Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 oz the salad mixed
- 6 tablespoons vegetable oil
- 0.5 cup walnut halves
- 3 tablespoons red wine vinegar
- 0.3 teaspoon salt

Equipment

- bowl

microwave

Directions

- Divide field greens among 4 salad bowls.
- Place 1 tablespoon of the oil in medium microwavable bowl.
- Add walnut halves; stir to coat. Microwave uncovered on High 2 minutes 30 seconds to 3 minutes, stirring every 30 seconds, until walnuts are fragrant.
- Stir in remaining 5 tablespoons oil and the vinegar. Microwave uncovered on High about 30 seconds or until dressing is warm but not boiling.
- Add salt; stir until dressing is well mixed.
- Pour over salads.
- Serve immediately.

Nutrition Facts

 **PROTEIN 3.65%**  **FAT 92.02%**  **CARBS 4.33%**

Properties

Glycemic Index:5, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:6.9560870398646%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 283.79kcal (14.19%), Fat: 29.96g (46.09%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 155.75mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin K: 37.91µg (36.11%), Manganese: 0.56mg (27.85%), Copper: 0.25mg (12.57%), Vitamin E: 1.77mg (11.81%), Vitamin C: 8.47mg (10.26%), Vitamin A: 405.49IU (8.11%), Magnesium: 27.46mg (6.86%), Folate: 27.44µg (6.86%), Phosphorus: 65.32mg (6.53%), Vitamin B6: 0.11mg (5.34%), Vitamin B1: 0.06mg (4.03%), Iron: 0.7mg (3.92%), Fiber: 0.98g (3.92%), Potassium: 129.87mg (3.71%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.04mg (2.33%), Calcium: 19.7mg (1.97%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.13mg (1.26%), Selenium: 0.86µg (1.23%)