



Mixed Greens with Citrus Vinaigrette and Sugared Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground pepper red
- ☐ 9 cups salad greens mixed
- ☐ 2 teaspoons olive oil
- ☐ 2 cups orange sections fresh
- ☐ 0.3 cup pecans chopped
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup citrus vinaigrette

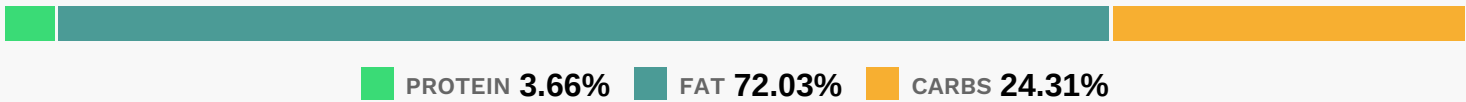
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium heat; add pecans.
- ☐ Sprinkle with sugar and red pepper; saut 2 minutes or until sugar begins to brown.
- ☐ Remove from heat.
- ☐ Combine greens and citrus vinaigrette in a large bowl; toss gently. Arrange 1 1/2 cups on individual salad plates; top with pecans and oranges.

Nutrition Facts



Properties

Glycemic Index:25.77, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:8.1473912570788%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 16.35mg, Hesperetin: 16.35mg, Hesperetin: 16.35mg, Hesperetin: 16.35mg Naringenin: 9.19mg, Naringenin: 9.19mg, Naringenin: 9.19mg, Naringenin: 9.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 179.78kcal (8.99%), Fat: 15.17g (23.33%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 9.63g (3.5%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 15.86mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin C: 45.92mg (55.66%), Vitamin K: 21.58µg (20.55%), Vitamin A: 836.48IU (16.73%), Manganese: 0.31mg (15.42%), Folate: 41.24µg (10.31%), Vitamin E: 1.34mg (8.91%),

Fiber: 1.89g (7.55%), Vitamin B1: 0.1mg (6.69%), Potassium: 232.97mg (6.66%), Copper: 0.11mg (5.59%), Vitamin B6: 0.09mg (4.73%), Magnesium: 18.16mg (4.54%), Phosphorus: 44.5mg (4.45%), Vitamin B2: 0.06mg (3.56%), Calcium: 35.07mg (3.51%), Iron: 0.56mg (3.13%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.37mg (2.5%), Selenium: 1.06µg (1.51%)