



Mixed Greens with Cranberries and Pine Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

- 0.5 cup cranberries dried
- 0.3 teaspoon ground nutmeg
- 0.5 cup pinenuts
- 1.3 lb salad mix rinsed
- 3 tablespoons salad oil
- 10 servings salt and pepper
- 0.8 teaspoon vanilla
- 6 tablespoons citrus champagne vinegar

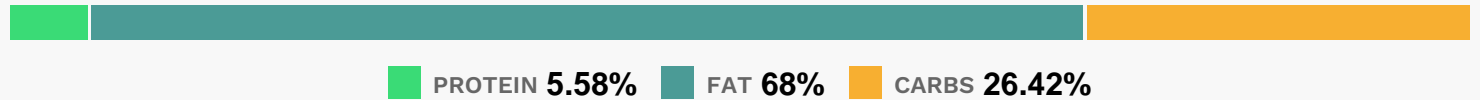
Equipment

- bowl
- frying pan

Directions

- In an 8- to 10-inch frying pan over medium heat, stir or shake pine nuts until pale gold, 3 to 5 minutes.
- Remove from heat and stir in dried cranberries.
- In a large bowl, mix vinegar, oil, vanilla, and nutmeg.
- Add salad mix and pine nut-cranberry mixture to bowl. Lift with two spoons to mix with dressing.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:5.8043478338615%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 113.13kcal (5.66%), Fat: 8.94g (13.76%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.23g (2.63%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 209.72mg (9.12%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 1.65g (3.3%), Manganese: 0.7mg (35.02%), Vitamin C: 13.27mg (16.08%), Vitamin A: 646.11IU (12.92%), Vitamin E: 1.49mg (9.95%), Vitamin K: 7.09µg (6.76%), Phosphorus: 62.25mg (6.23%), Copper: 0.12mg (6.15%), Magnesium: 23.91mg (5.98%), Folate: 23.31µg (5.83%), Iron: 0.8mg (4.43%), Potassium: 144.96mg (4.14%), Zinc: 0.57mg (3.77%), Vitamin B3: 0.64mg (3.22%), Vitamin B1: 0.04mg (2.84%), Vitamin B6: 0.05mg (2.71%), Vitamin B2: 0.05mg (2.69%), Fiber: 0.58g (2.33%), Vitamin B5: 0.1mg (1.02%)