



## Mixed Greens with Parmesan Walnuts

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 0.3 teaspoon lawry's seasoned salt smoked
- 1.5 cups walnut pieces
- 3 tablespoons parmesan cheese grated
- 1 medium head lettuce
- 1 medium bunch lettuce
- 0.5 bunch salad leaves curly endive
- 0.5 small head radicchio thinly

- 6 oz pkt spinach fresh
- 0.3 cup the dressing

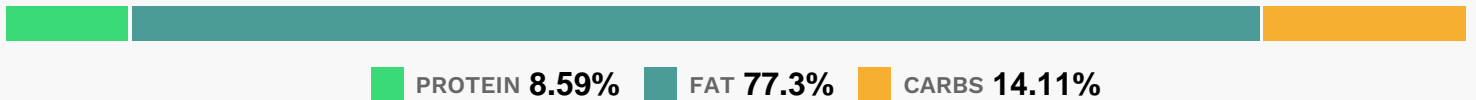
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F. In 9-inch square pan, heat butter and salt in oven 2 to 3 minutes or until bubbly. Stir in walnuts.
- Bake uncovered 5 minutes.
- Sprinkle with cheese; toss until walnuts are evenly coated.
- Bake 3 to 5 minutes longer or until cheese is light brown; cool.
- Into large bowl, tear lettuce, endive, radicchio and spinach into bite-size pieces (about 12 cups).
- Add dressing and walnuts; toss until greens are well coated.

## Nutrition Facts



## Properties

Glycemic Index:9.67, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:12.00956506606%

## Flavonoids

Cyanidin: 8.33mg, Cyanidin: 8.33mg, Cyanidin: 8.33mg, Cyanidin: 8.33mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 156.75kcal (7.84%), Fat: 14.29g (21.99%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.84g (3.15%), Cholesterol: 3.93mg (1.31%), Sodium: 168.74mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin K: 100.38µg (95.6%), Manganese: 0.7mg (35.01%), Vitamin A: 1660.71IU (33.21%), Folate: 59.05µg (14.76%), Copper: 0.29mg (14.27%), Magnesium: 39mg (9.75%), Phosphorus: 80.45mg (8.04%), Fiber: 1.89g (7.56%), Vitamin C: 5.99mg (7.26%), Potassium: 231.81mg (6.62%), Vitamin B6: 0.13mg (6.52%), Vitamin E: 0.91mg (6.04%), Iron: 1.06mg (5.88%), Vitamin B1: 0.08mg (5.56%), Calcium: 50.1mg (5.01%), Zinc: 0.7mg (4.66%), Vitamin B2: 0.07mg (4.16%), Selenium: 1.73µg (2.47%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.17mg (1.66%)