



Mixed Greens with Praline Pecans and Blue Cheese



Vegetarian



Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients



2 ounces cheese blue crumbled



3 tablespoons brown sugar packed



1 tablespoon butter



11 ounce mandarin oranges in syrup light drained canned



0.5 cup pecans chopped



0.5 cup raspberry vinaigrette fat-free



4 cups romaine lettuce chopped (1 head)

- ☐ 5 ounce spring mix salad greens
- ☐ 2 cups strawberries fresh sliced

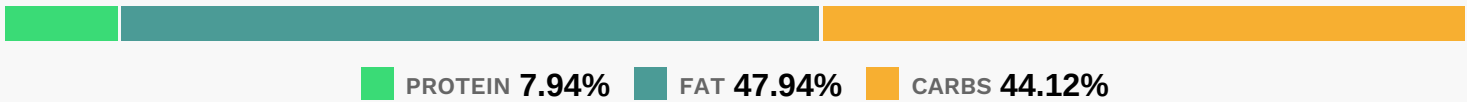
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Melt butter in a medium nonstick skillet over medium-low heat; add sugar, and cook 4 minutes or until mixture is bubbly, stirring occasionally. Stir in pecans; cook 4 minutes or until sugar melts and pecans are well coated. Quickly spread pecans in a single layer on wax paper. Cool completely. Break into small pieces.
- ☐ Combine pecans, lettuces, and next 3 ingredients in a large bowl; toss well.
- ☐ Add dressing; toss well to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:14.333478225314%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 205.61kcal (10.28%), Fat: 11.56g (17.78%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 20.52g (7.46%), Sugar: 18.64g (20.71%), Cholesterol: 12.1mg (4.03%), Sodium: 308.83mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin A: 3492.71IU (69.85%), Vitamin C: 48.94mg (59.32%), Manganese: 0.7mg (35.11%), Vitamin K: 33.88µg (32.27%), Folate: 76.72µg (19.18%), Fiber: 3.43g (13.7%), Phosphorus: 103.06mg (10.31%), Calcium: 102.12mg (10.21%), Potassium: 347.72mg (9.93%), Copper: 0.19mg (9.37%), Vitamin B1: 0.13mg (8.94%), Magnesium: 33.21mg (8.3%), Vitamin B6: 0.14mg (7.12%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.89mg (5.95%), Iron: 1.03mg (5.72%), Vitamin B5: 0.5mg (4.97%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.49mg (3.26%), Selenium: 2.27µg (3.25%), Vitamin B12: 0.12µg (1.99%)