



Mixed Greens With Roasted Figs and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup dry-roasted pistachios shelled
- ☐ 9 figs dried fresh or
- ☐ 5 cup salad greens mixed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 tablespoon olive oil
- ☐ 0.3 teaspoon salt

- ☐ 1 shallots minced
- ☐ 2 tablespoons sherry vinegar

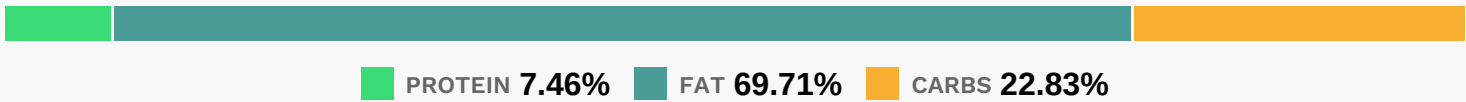
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Toss figs with olive oil and place on a baking sheet.
- ☐ Roast until figs are tender, about 10 minutes. Cool.
- ☐ Cut the figs in half lengthwise.
- ☐ In a small bowl, whisk the extra-virgin olive oil, vinegar, shallot, salt, and pepper together. Set aside.
- ☐ In a large bowl, combine salad greens, figs, pistachios, and dressing.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:6.1460868897645%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 202.62kcal (10.13%), Fat: 16.52g (25.42%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 9.79g (3.56%), Sugar: 6.69g (7.43%), Cholesterol: 0mg (0%), Sodium: 159.13mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Manganese: 0.4mg (19.8%), Vitamin E: 2.13mg (14.17%), Vitamin B3: 2.07mg (10.33%), Vitamin C: 8.24mg (9.98%), Fiber: 2.38g (9.52%), Magnesium: 35.3mg

(8.82%), Vitamin K: 8.16µg (7.77%), Vitamin A: 380.49IU (7.61%), Phosphorus: 69.45mg (6.94%), Folate: 26.97µg (6.74%), Potassium: 235.28mg (6.72%), Vitamin B6: 0.11mg (5.61%), Copper: 0.11mg (5.5%), Iron: 0.79mg (4.39%), Zinc: 0.51mg (3.43%), Calcium: 33.4mg (3.34%), Vitamin B2: 0.05mg (3.07%), Vitamin B5: 0.28mg (2.8%), Vitamin B1: 0.04mg (2.79%), Selenium: 1.42µg (2.03%)