



## Mixed Greens with Walnut and Roasted Onion Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



145 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 14 cups salad greens mixed
- ☐ 1 cup olive oil
- ☐ 2 large onions sliced into wedges
- ☐ 0.5 onion red thinly sliced
- ☐ 6 tablespoons sherry wine vinegar
- ☐ 1 cup walnuts toasted chopped

☐ 1 tablespoon sugar white

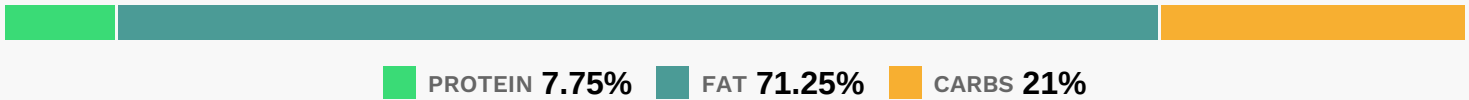
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place onions cut side down on baking sheet.
- ☐ Drizzle with 2 tablespoons oil and sprinkle with sugar.
- ☐ Bake for 30 minutes. Turn onions over and bake until brown and caramelized, about 30 minutes longer. Set aside to cool.
- ☐ Place onions in food processor, add remaining oil, broth and vinegar. Puree until smooth and thick. Season with salt and pepper. Cover and refrigerate until chilled.
- ☐ In a large salad bowl, combine greens, 1/2 cup walnuts and half of red onion.
- ☐ Add enough dressing to coat greens, toss well.
- ☐ Sprinkle with remaining walnuts and red onion and serve.

Nutrition Facts



Properties

Glycemic Index:14.41, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:6.3869565586033%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 144.9kcal (7.25%), Fat: 12.05g (18.54%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.61g (2.4%), Sugar: 3.06g (3.4%), Cholesterol: 0.23mg (0.08%), Sodium: 60.62mg (2.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Manganese: 0.54mg (26.86%), Vitamin C: 15.82mg (19.17%), Vitamin A: 639.45IU (12.79%), Copper: 0.23mg (11.53%), Folate: 38.93µg (9.73%), Vitamin B6: 0.15mg (7.51%), Phosphorus: 73.81mg (7.38%), Magnesium: 28.67mg (7.17%), Potassium: 205.44mg (5.87%), Fiber: 1.39g (5.55%), Vitamin B1: 0.08mg (5.03%), Vitamin E: 0.72mg (4.77%), Iron: 0.84mg (4.67%), Zinc: 0.55mg (3.67%), Vitamin B2: 0.06mg (3.66%), Vitamin K: 3.06µg (2.91%), Calcium: 27.98mg (2.8%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.18mg (1.79%), Selenium: 1.03µg (1.47%)