



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



PROTEIN 7.75% **FAT 71.25%** **CARBS 21%**

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: 0g (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%)