



Mixed Greens with Walnuts

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- 1 small head bibb lettuce
- 1 small head boston lettuce
- 2 tablespoons butter
- 1 teaspoon dijon mustard
- 16 ounce mushrooms fresh sliced
- 0.5 teaspoon ground pepper white
- 1 cup olive oil
- 1 small head romaine lettuce

- 1.8 teaspoons salt divided
- 2 large shallots halved
- 2 teaspoons sugar
- 1.3 cups walnuts coarsely chopped
- 2 tablespoons citrus champagne vinegar



Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven

Directions

- Rinse lettuces, and separate leaves.
- Let leaves stand in cold water to cover in a large bowl 30 minutes.
- Drain well, and pat dry with paper towels. Tear leaves into bite-size pieces.
- Bake walnuts in a shallow pan at 350 for 10 minutes or until toasted. Stir in butter and 1/2 teaspoon salt.
- Pulse shallots in a food processor until minced.
- Add remaining 1 1/4 teaspoons salt, vinegar, and next 3 ingredients. With processor running, pour oil through food chute.
- Add 1/4 cup walnuts, and process until smooth.
- Toss lettuce and mushrooms with 1/2 cup vinaigrette; top with remaining 1 cup walnuts.
- Serve with remaining vinaigrette, if desired.

Nutrition Facts

  
 PROTEIN **9.98%**  FAT **74.05%**  CARBS **15.97%**

Properties

Glycemic Index:23.01, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:21.639130475728%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 233.35kcal (11.67%), Fat: 20.69g (31.83%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 5.9g (2.15%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 561.25mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin A: 8294.76IU (165.9%), Vitamin K: 125.7µg (119.71%), Manganese: 0.87mg (43.72%), Folate: 165.94µg (41.48%), Copper: 0.52mg (26.15%), Vitamin B2: 0.34mg (19.79%), Fiber: 4.14g (16.57%), Potassium: 576.2mg (16.46%), Phosphorus: 154.69mg (15.47%), Vitamin B6: 0.27mg (13.54%), Vitamin B3: 2.66mg (13.3%), Magnesium: 52.23mg (13.06%), Vitamin B1: 0.19mg (12.88%), Iron: 2.23mg (12.41%), Vitamin B5: 1.15mg (11.48%), Selenium: 7.03µg (10.04%), Vitamin C: 6.62mg (8.02%), Vitamin E: 1.2mg (8%), Zinc: 1.15mg (7.69%), Calcium: 64.39mg (6.44%)