



Mixed Salad with Vanilla-Pear Vinaigrette and Toasted Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup vanilla-pear vinaigrette
- ☐ 1 cup onion red vertically sliced
- ☐ 20 ounce salad mediterranean-style
- ☐ 0.3 cup walnuts toasted chopped

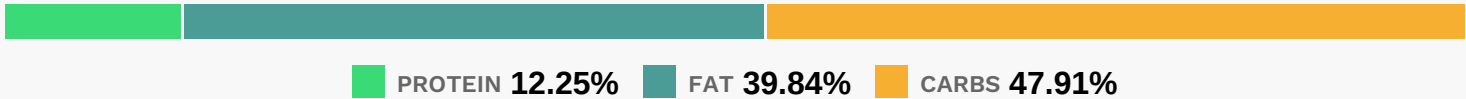
Equipment

- ☐ bowl

Directions

- ☐ To prepare salad, combine onion and lettuce mix in a large bowl.
- ☐ Add Vanilla–Pear Vinaigrette, and toss well.
- ☐ Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:1.06, Inflammation Score:–6, Nutrition Score:4.7034783000531%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 50.9kcal (2.54%), Fat: 2.47g (3.8%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.69g (2.07%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 19.43mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin C: 18.55mg (22.48%), Vitamin A: 809.61IU (16.19%), Manganese: 0.26mg (13.06%), Folate: 34.55µg (8.64%), Copper: 0.11mg (5.62%), Potassium: 182.79mg (5.22%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 47.7mg (4.77%), Magnesium: 16.51mg (4.13%), Fiber: 1g (4%), Iron: 0.62mg (3.44%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.48mg (2.38%), Zinc: 0.31mg (2.06%), Calcium: 18.6mg (1.86%), Vitamin B5: 0.14mg (1.37%)