



Orange-Pecan Mixed Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 0.8 teaspoon cornstarch
- 4 cups salad greens mixed
- 1 large navel oranges peeled cut into 8 slices
- 1 teaspoon olive oil
- 1 tablespoon onion minced
- 2 tablespoons pecans chopped
- 0.3 cup water

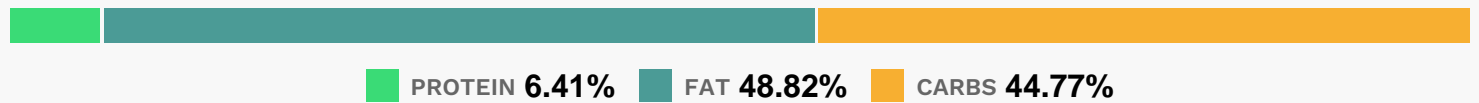
Equipment

- frying pan
- microwave

Directions

- Combine first 5 ingredients in a 2-cup glass measure; stir well. Microwave, uncovered, at HIGH 1 minute or until mixture boils and is slightly thickened. Stir until smooth.
- Let cool to room temperature.
- Place 1 cup salad greens on each of 4 plates.
- Drizzle evenly with vinaigrette.
- Cut orange slices in half. Arrange slices over salad greens, and sprinkle with pecans.
- Tip: For a richer, nuttier salad, toast the pecans in a skillet over medium heat for 5 minutes, stirring often.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:5.2269565488981%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 83.39kcal (4.17%), Fat: 4.68g (7.2%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.37g (3.04%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 15.31mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin C: 30.2mg (36.61%), Manganese: 0.32mg (15.91%), Vitamin A: 543.7IU (10.87%), Folate: 28.27µg (7.07%), Fiber: 1.3g (5.18%), Copper: 0.1mg (5.07%), Potassium: 168.92mg (4.83%), Vitamin B1: 0.07mg (4.66%), Magnesium: 16.62mg (4.16%), Phosphorus: 41.3mg (4.13%), Vitamin B6: 0.07mg (3.66%), Iron: 0.55mg (3.06%), Calcium: 29.09mg (2.91%), Vitamin B2: 0.05mg (2.65%), Zinc: 0.36mg (2.38%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.27mg (1.78%)