



Pumpkin Mixed Greens Salad with Maple Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons pumpkinseed kernels raw green
- 1 tablespoon olive oil extravirgin
- 0.5 teaspoon thyme leaves fresh minced
- 2 teaspoons maple syrup
- 8 cups salad greens mixed
- 1 cup pumpkin cubed peeled () (8 ounces)

- 3 tablespoons red wine vinegar
- 0.3 teaspoon salt

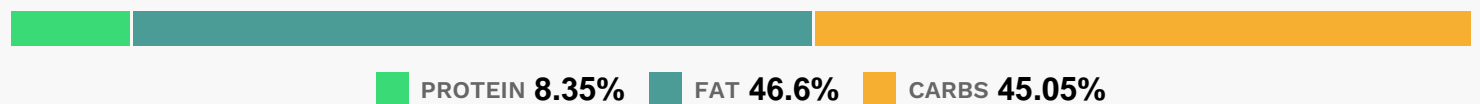
Equipment

- frying pan
- oven
- whisk

Directions

- Preheat oven to 40
- Place pumpkinseeds in a medium nonstick skillet over medium heat. Cook 5 minutes or until toasted, stirring frequently.
- Remove from pan.
- Coat pan with cooking spray.
- Add pumpkin, and cook 8 minutes or until browned and tender.
- Remove from pan.
- Add thyme, tossing to combine. Cool.
- Combine vinegar, oil, syrup, salt, and pepper, stirring with a whisk.
- Drizzle over salad greens; toss well to coat.
- Add pumpkin and pumpkinseeds; toss.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:5.0995652468308%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg

Nutrients (% of daily need)

Calories: 45.49kcal (2.27%), Fat: 2.45g (3.78%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 121.94mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin A: 2262.08IU (45.24%), Vitamin C: 14.5mg (17.57%), Manganese: 0.17mg (8.69%), Folate: 24.73µg (6.18%), Potassium: 173.76mg (4.96%), Vitamin B2: 0.08mg (4.87%), Vitamin E: 0.55mg (3.64%), Iron: 0.59mg (3.26%), Phosphorus: 32.42mg (3.24%), Vitamin B6: 0.06mg (2.85%), Copper: 0.06mg (2.76%), Magnesium: 9.96mg (2.49%), Vitamin B3: 0.46mg (2.32%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.69µg (1.61%), Calcium: 15.08mg (1.51%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.4%)