



 **3%**
HEALTH SCORE

Réveillon Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 tablespoons canola oil
- 2 tablespoons dijon mustard
- 0.3 cup cider hard
- 2 ounces gingersnaps crushed
- 0.8 cup golden raisins
- 0.8 teaspoon kosher salt divided
- 3 tablespoons juice of lemon fresh

- 1.5 cups pumpkin fresh cubed peeled (1-inch) (12 ounces)
- 14 cups the salad packed
- 1 tablespoon sugar

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Preheat oven to 400
- Place pumpkin in a single layer on a jelly-roll pan coated with cooking spray. Coat pumpkin lightly with cooking spray; toss.
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss.
- Bake at 400 for 18 minutes or until tender, stirring occasionally. Cool completely.
- Combine pumpkin, salad greens, raisins, and 1/4 teaspoon salt in a large bowl, and toss gently.
- Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, cider, and next 4 ingredients (through mustard) in a blender; process until blended.
- Drizzle cider mixture over salad mixture; toss gently.
- Sprinkle with crushed cookies.
- Serve immediately.

Nutrition Facts



PROTEIN 5.57% **FAT 36.45%** **CARBS 57.98%**

Properties

Glycemic Index:32.84, Glycemic Load:7.83, Inflammation Score:-9, Nutrition Score:8.155652173913%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 146.44kcal (7.32%), Fat: 6.23g (9.58%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.27g (7.73%), Sugar: 11.95g (13.27%), Cholesterol: 0mg (0%), Sodium: 319.04mg (13.87%), Alcohol: 0.37g (2.05%), Protein: 2.14g (4.28%), Vitamin A: 2650.6IU (53.01%), Vitamin C: 20.82mg (25.24%), Manganese: 0.32mg (15.75%), Potassium: 333.44mg (9.53%), Folate: 37.36µg (9.34%), Vitamin E: 1.26mg (8.38%), Iron: 1.39mg (7.73%), Copper: 0.14mg (6.96%), Vitamin B2: 0.11mg (6.44%), Phosphorus: 63.08mg (6.31%), Vitamin B6: 0.13mg (6.28%), Magnesium: 20.9mg (5.22%), Vitamin K: 4.9µg (4.66%), Vitamin B3: 0.93mg (4.64%), Fiber: 1.02g (4.07%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.1µg (3%), Calcium: 29.73mg (2.97%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.22mg (2.15%)