



Spiced Pecan and Apple Salad with Honey Vinaigrette

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon apple pie spice
- 2 medium apples cut into thin slices
- 1 pinch ground pepper generous
- 0.3 cup apple cider vinegar
- 1 tablespoon dijon mustard
- 0.5 cup honey
- 0.3 cup olive oil extra virgin extra-virgin

- 1 cup pecans
- 6 cups baby spinach assorted (such as baby spinach or arugula)
- 1 pinch salt

Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F and arrange a rack in the middle.
- Combine half of the honey with the apple pie spice, cayenne, and salt in a small bowl and mix well.
- Add pecan halves and stir until well coated.
- Spread out on a baking sheet.
- Combine remaining honey, apple cider vinegar, and Dijon mustard in a small jar or cruet and shake well.
- Add olive oil and shake vigorously until well incorporated. For the salad: Arrange salad leaves on a serving platter or divide among individual serving plates. Scatter apple splices and spiced pecans over leaves.
- Pour apple cider vinaigrette over salad and serve.

Nutrition Facts



PROTEIN 2.96% **FAT 58.77%** **CARBS 38.27%**

Properties

Glycemic Index:28.78, Glycemic Load:10.95, Inflammation Score:-9, Nutrition Score:13.217391345812%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.81mg,

Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 261.92kcal (13.1%), Fat: 18.17g (27.96%), Saturated Fat: 2.06g (12.84%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 23.69g (8.61%), Sugar: 22.79g (25.32%), Cholesterol: 0mg (0%), Sodium: 45.23mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin K: 115.64µg (110.13%), Vitamin A: 2148.51IU (42.97%), Manganese: 0.86mg (42.89%), Vitamin E: 2.02mg (13.49%), Folate: 48.37µg (12.09%), Fiber: 2.94g (11.75%), Vitamin C: 8.73mg (10.59%), Copper: 0.2mg (10.05%), Magnesium: 37.08mg (9.27%), Vitamin B1: 0.11mg (7.39%), Potassium: 246.25mg (7.04%), Iron: 1.21mg (6.73%), Phosphorus: 54.11mg (5.41%), Zinc: 0.77mg (5.11%), Vitamin B6: 0.1mg (4.81%), Vitamin B2: 0.08mg (4.72%), Calcium: 38.46mg (3.85%), Selenium: 1.53µg (2.19%), Vitamin B3: 0.39mg (1.96%), Vitamin B5: 0.17mg (1.69%)