



## Strawberry-Candied Pecan Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

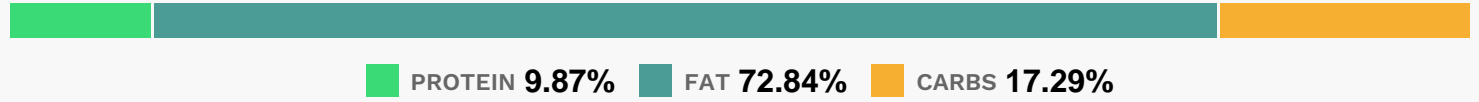
- 0.3 cup strawberry balsamic vinaigrette dressing kraft
- 5 oz baby greens mixed
- 0.3 cup parmesan cheese shredded kraft
- 0.3 cup planters pecans coarsely chopped
- 0.3 cup onions red sliced
- 0.8 cup strawberries fresh sliced

### Equipment

# Directions

- Combine all ingredients except dressing.
- Add dressing just before serving; mix lightly.

# Nutrition Facts



# Properties

Glycemic Index:26, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:5.7804348423429%

# Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 139.65kcal (6.98%), Fat: 11.59g (17.84%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.53g (2.81%), Cholesterol: 4.25mg (1.42%), Sodium: 242.76mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin C: 24.91mg (30.19%), Manganese: 0.45mg (22.44%), Vitamin A: 458.28IU (9.17%), Calcium: 91.03mg (9.1%), Phosphorus: 83.71mg (8.37%), Folate: 23.29µg (5.82%), Copper: 0.11mg (5.54%), Fiber: 1.3g (5.22%), Magnesium: 18.64mg (4.66%), Vitamin B1: 0.06mg (4.33%), Potassium: 147.98mg (4.23%), Zinc: 0.58mg (3.88%), Vitamin B6: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.24%), Iron: 0.56mg (3.13%), Selenium: 1.94µg (2.77%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.08µg (1.25%), Vitamin E: 0.18mg (1.2%)