



Three Greens and Fruit with Vinaigrette

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 head boston lettuce
- 4 ounce feta cheese
- 0.8 teaspoon ground pepper black to taste
- 2 pears cored sliced
- 2 dashes pepper sauce hot
- 1 onion red thinly sliced
- 1 head romaine lettuce
- 0.3 teaspoon salt

- 2 bunches spinach leaves fresh
- 6 tablespoons vegetable oil
- 0.5 cup walnuts coarsely chopped
- 0.3 cup sugar white
- 6 tablespoons citrus champagne vinegar

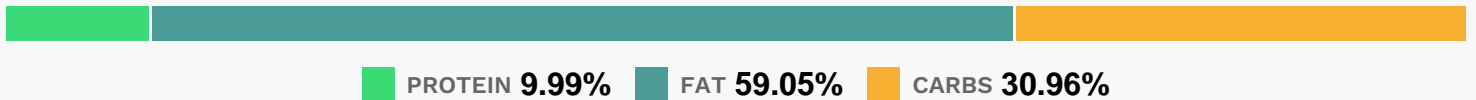
Equipment

- bowl
- frying pan

Directions

- In a bowl, mix the vinegar, oil, onion, sugar, salt, hot sauce, and pepper. Cover and refrigerate 1 hour.
- In a skillet over medium heat, cook the walnuts, stirring constantly, until lightly toasted.
- In a large bowl, mix the walnuts, romaine lettuce, butter lettuce, spinach, and pears. Toss with the dressing mixture to coat.
- Sprinkle with feta cheese to serve.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:20.943912972575%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 179.06kcal (8.95%), Fat: 12.49g (19.21%), Saturated Fat: 2.66g (16.66%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 10.8g (3.93%), Sugar: 8.55g (9.5%), Cholesterol: 8.41mg (2.8%), Sodium: 207.66mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin K: 355.42µg (338.5%), Vitamin A: 10356.39IU (207.13%), Folate: 202.44µg (50.61%), Manganese: 0.83mg (41.42%), Vitamin C: 20.58mg (24.95%), Magnesium: 66.84mg (16.71%), Potassium: 557.24mg (15.92%), Fiber: 3.93g (15.7%), Vitamin B2: 0.25mg (14.63%), Iron: 2.54mg (14.09%), Calcium: 135.29mg (13.53%), Vitamin E: 1.89mg (12.59%), Vitamin B6: 0.25mg (12.32%), Copper: 0.21mg (10.6%), Phosphorus: 103.63mg (10.36%), Vitamin B1: 0.13mg (8.57%), Zinc: 0.92mg (6.13%), Vitamin B3: 0.83mg (4.15%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.16µg (2.66%)