

Walnut Mandarin Salad

Francie's - Du Quoin, IL
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

3/4 cup large walnut pieces
2 tablespoons butter
1/4 teaspoon garlic, minced or crushed
1 large or 2 small heads chilled lettuce
1/2 cup thinly sliced red onion rings
1 can (11 ounce) mandarin orange sections, drained
ORANGE VINAIGRETTE DRESSING
1/2 cup oil
3 tablespoons red wine vinegar
3/4 teaspoon salt
1 teaspoon grated orange peel
1 teaspoon basil, crumbled

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In a small skillet over moderately low heat, saute' the walnuts with the butter and garlic, stirring constantly, for about 5 minutes or until lightly brown. Cool.

Prepare the Orange Vinaigrette Dressing: Combine the oil, vinegar, salt, orange peel and basil in a small jar. Cover and shake well to blend. Shake again just before using.

At serving time, tear the lettuce into bite-size pieces to measure 1-1/2 quarts. Top with the onion rings., drained orange sections, garlic and toasted walnuts.

Pour the dressing over the salad and toss lightly.

Per Serving (excluding unknown items): 197 Calories; 22g Fat (98.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 306mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	197	Vitamin B6 (mg):	trace
% Calories from Fat:	98.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	22g	Folacin (mcg):	1mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	10mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	306mg
Potassium (mg):	18mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	169IU
Vitamin A (r.e.):	38 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	197	Calories from Fat: 193
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% Daily Values*

Total Fat	22g	34%
Saturated Fat	4g	22%
Cholesterol	10mg	3%
Sodium	306mg	13%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	
Vitamin A		3%
Vitamin C		1%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.