

mcAlister's pecanberry salad nutrition

mcAlister's pecanberry salad nutrition is a topic of interest for health-conscious consumers seeking flavorful yet nutritious meal options. This salad, offered by McAlister's Deli, combines fresh greens with pecans, dried cranberries, and other wholesome ingredients to create a unique blend of taste and health benefits. Understanding the nutritional profile of McAlister's Pecanberry Salad can help diners make informed choices aligned with their dietary goals. This article explores the key nutritional facts, calorie content, macronutrients, vitamins, minerals, and potential health benefits of this popular menu item. Additionally, it covers allergen information and tips for customizing the salad to better suit individual nutritional needs. The following sections provide a detailed overview of McAlister's Pecanberry Salad nutrition and related considerations.

- Nutritional Breakdown of McAlister's Pecanberry Salad
- Calorie Count and Macronutrients
- Vitamins and Minerals Content
- Health Benefits of Key Ingredients
- Allergen Information and Dietary Considerations
- Tips for Customizing McAlister's Pecanberry Salad

Nutritional Breakdown of McAlister's Pecanberry Salad

McAlister's Pecanberry Salad features a thoughtfully curated mix of ingredients that contribute to its nutritional profile. The salad typically includes fresh greens such as romaine and spinach, glazed pecans, dried cranberries, grape tomatoes, and a blend of cheeses. It is often served with a choice of dressings that can affect the overall nutrient content. The combination of nuts, fruits, and leafy greens provides a balance of fiber, healthy fats, and natural sugars. Examining the individual components helps highlight the sources of macronutrients and micronutrients that make this salad a well-rounded menu option.

Ingredients Overview

The primary ingredients in McAlister's Pecanberry Salad include:

- Fresh mixed greens (romaine, spinach, etc.)
- Glazed pecans
- Dried cranberries
- Grape tomatoes

- Shredded cheddar and monterey jack cheeses
- Choice of dressing (often raspberry vinaigrette)

Each of these components contributes distinct nutritional qualities that together define the salad's health value and flavor profile.

Calorie Count and Macronutrients

Understanding the calorie content and macronutrient distribution of McAlister's Pecanberry Salad is essential for those tracking their daily intake. The salad provides a moderate calorie count appropriate for a main meal or a substantial side dish, depending on portion size and dressing selection.

Calories

The average McAlister's Pecanberry Salad contains approximately 700 to 900 calories when served as a full entrée with dressing. The caloric value varies based on the amount and type of dressing applied, as well as any additional protein toppings like grilled chicken. The glazed pecans and cheese contribute significantly to the calorie total due to their fat content.

Macronutrient Composition

The macronutrient breakdown of the salad typically includes:

- **Carbohydrates:** Derived mainly from the dried cranberries, tomatoes, and greens, the carbohydrate content ranges between 50 to 70 grams, including sugars and dietary fiber.
- **Proteins:** Cheese and optional protein toppings provide about 20 to 30 grams of protein, supporting muscle maintenance and satiety.
- **Fats:** Healthy fats come primarily from glazed pecans and cheese, ranging from 35 to 50 grams, with a mix of unsaturated and saturated fats.

This balance makes the salad suitable for those requiring moderate carbohydrate and protein intake with healthy fat sources.

Vitamins and Minerals Content

McAlister's Pecanberry Salad is a rich source of various vitamins and minerals due to its diverse ingredients. Leafy greens and vegetables provide essential micronutrients that support overall health.

Key Vitamins

The salad offers notable amounts of:

- **Vitamin A:** Important for vision and immune function, largely supplied by leafy greens and tomatoes.
- **Vitamin C:** Present in tomatoes and cranberries, aiding in antioxidant protection and collagen synthesis.
- **Vitamin K:** Abundant in spinach and romaine, crucial for blood clotting and bone health.

Important Minerals

Essential minerals found in the salad include:

- **Calcium:** Provided by cheese and leafy greens, supporting bone strength.
- **Iron:** Present in spinach and pecans, vital for oxygen transport in the blood.
- **Magnesium:** Found in pecans, important for muscle and nerve function.

These micronutrients contribute to the salad's nutritious value beyond macronutrient content.

Health Benefits of Key Ingredients

The individual ingredients in McAlister's Pecanberry Salad offer various health advantages, enhancing its appeal as a balanced meal choice.

Pecans

Pecans are rich in monounsaturated fats, antioxidants, and fiber. These nutrients support cardiovascular health by lowering bad cholesterol levels and reducing inflammation. The nutty flavor adds texture and satiety to the salad.

Dried Cranberries

Dried cranberries provide natural sweetness and antioxidants, including polyphenols that may improve urinary tract health and reduce oxidative stress. However, they also contribute sugars, so portion control is important.

Leafy Greens and Vegetables

Leafy greens such as spinach and romaine are low in calories but high in fiber, vitamins, and minerals. They promote digestive health, support immune function, and provide essential nutrients for overall wellness.

Allergen Information and Dietary Considerations

McAlister's Pecanberry Salad contains several common allergens that should be noted by sensitive individuals. Awareness of these ingredients supports safe consumption and dietary planning.

Common Allergens

The salad includes:

- **Tree Nuts:** Pecans are a tree nut allergen that can cause severe reactions in sensitive individuals.
- **Dairy:** Cheese contains milk, which may affect those with lactose intolerance or dairy allergies.

Cross-contamination risks exist as well, so customers with severe allergies should consult with McAlister's staff before ordering.

Dietary Modifications

For those seeking to adjust the salad to meet specific dietary needs, options include:

- Requesting salad without cheese to reduce dairy content.
- Omitting glazed pecans to avoid nuts and lower fat content.
- Choosing a low-calorie or vinaigrette dressing to reduce added sugars and calories.
- Adding grilled chicken or turkey for increased protein.

These modifications can help tailor McAlister's Pecanberry Salad nutrition to individual health goals.

Tips for Customizing McAlister's Pecanberry Salad

Customizing the salad allows consumers to optimize its nutritional benefits while accommodating taste preferences and dietary restrictions.

Dressings and Toppings

Dressings significantly influence the salad's calorie and sugar content. Selecting a lighter dressing such as a balsamic vinaigrette instead of the traditional raspberry vinaigrette can lower calories and added sugars. Adding lean proteins like grilled chicken enhances satiety and protein intake.

Portion Control

Paying attention to portion sizes, especially of high-calorie ingredients like glazed pecans and cheese, can help manage overall calorie intake. Requesting half portions or sharing the salad are practical strategies for calorie control.

Incorporating Additional Vegetables

Boosting the salad with extra vegetables such as cucumbers, bell peppers, or carrots increases fiber and micronutrient density without adding excessive calories. This adjustment enriches the salad's texture and nutritional quality.

Frequently Asked Questions

What are the main nutritional components of McAlister's Pecanberry Salad?

McAlister's Pecanberry Salad typically contains mixed greens, dried cranberries, pecans, grilled chicken, and a raspberry vinaigrette, providing a good balance of protein, fiber, healthy fats, and vitamins.

How many calories are in McAlister's Pecanberry Salad?

A serving of McAlister's Pecanberry Salad generally contains around 500 to 600 calories, depending on portion size and dressing amount.

Is the Pecanberry Salad at McAlister's a good source of protein?

Yes, the Pecanberry Salad includes grilled chicken which provides a moderate amount of protein, usually around 25-30 grams per serving.

Does McAlister's Pecanberry Salad contain allergens like nuts?

Yes, the salad contains pecans, which are tree nuts and a common allergen.

How much sugar is in McAlister's Pecanberry Salad?

The sugar content can vary, but the dried cranberries and raspberry vinaigrette contribute natural and added sugars, typically totaling around 15-20 grams per serving.

Is the Pecanberry Salad at McAlister's suitable for a

low-carb diet?

The salad has some carbohydrates from the dried cranberries and dressing, so it may be moderate in carbs; modifications like reducing dressing or cranberries can make it more low-carb friendly.

Can I customize the Pecanberry Salad to make it healthier at McAlister's?

Yes, you can ask for dressing on the side, reduce the amount of pecans or cranberries, or choose a lighter dressing to reduce calories and sugar content.

Does McAlister's Pecanberry Salad provide dietary fiber?

Yes, the salad contains dietary fiber from mixed greens, pecans, and dried cranberries, which can contribute around 4-6 grams of fiber per serving.

Additional Resources

1. The Ultimate Guide to McAlister's Pecanberry Salad Nutrition

This book offers an in-depth analysis of the nutritional components of McAlister's Pecanberry Salad. It breaks down calories, macronutrients, vitamins, and minerals, helping readers understand how this salad fits into a balanced diet. Additionally, it includes tips for customizing the salad to meet specific dietary needs.

2. Healthy Eating with McAlister's: Pecanberry Salad and Beyond

Explore how to incorporate McAlister's Pecanberry Salad into a healthy eating plan with this comprehensive guide. The book discusses the benefits of each ingredient and provides meal planning advice. It also compares the salad's nutrition to other menu options for better decision-making.

3. Salad Secrets: Unlocking the Nutrition of McAlister's Pecanberry

This book delves into the unique ingredients of the Pecanberry Salad, explaining their health benefits and nutritional value. It offers insights into how pecans, berries, and mixed greens contribute to overall wellness. Readers will find suggestions for pairing the salad with complementary dishes.

4. Nutrition Facts: McAlister's Pecanberry Salad Explained

A straightforward guide that presents detailed nutrition facts for the Pecanberry Salad, including calorie counts and nutrient breakdowns. It emphasizes understanding portion sizes and ingredient variations. The book is ideal for those tracking their macros or managing health conditions.

5. Superfoods in Your Salad: The Case of McAlister's Pecanberry

Highlighting the superfood qualities of pecans and berries, this book explains why McAlister's Pecanberry Salad is a nutrient-packed choice. It discusses antioxidants, healthy fats, and fiber content, showing how these elements promote heart health and digestion. Recipes for homemade versions are also included.

6. Weight Management and McAlister's Pecanberry Salad

Focusing on weight control, this book examines how the Pecanberry Salad can

be part of a calorie-conscious diet. It offers strategies for balancing indulgence with nutrition and modifying dressings to reduce fat and sugar. Practical advice on meal timing and portion control complements the nutritional information.

7. Vitamins and Minerals in McAlister's Pecanberry Salad

This text provides a detailed look at the micronutrient profile of the salad, highlighting essential vitamins and minerals found in its ingredients. It explains the role of each nutrient in maintaining health and preventing deficiencies. The book is useful for nutrition students and health enthusiasts alike.

8. Customizing McAlister's Salads for Optimal Nutrition

Learn how to tailor McAlister's salads, including the Pecanberry, to meet personal health goals. This book offers suggestions for ingredient substitutions and additions to boost nutritional value. It also covers allergen considerations and tips for enhancing flavor without extra calories.

9. The Science of Taste and Nutrition: McAlister's Pecanberry Salad

This book combines the science of flavor with nutritional analysis to explain why the Pecanberry Salad is both delicious and healthy. It explores how ingredient combinations affect taste perception and nutrient absorption. Readers gain a deeper appreciation for the balance of taste and nutrition in their meals.

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