



Almond Mandarin Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound bacon
- 15 ounce mandarin orange segments drained canned
- 0.5 teaspoon celery salt
- 0.5 teaspoon mustard dry hot
- 1 bunch green onion diced
- 0.5 teaspoon ground paprika
- 3 tablespoons honey
- 1 head lettuce red

- 0.3 cup olive oil
- 0.8 cup slivered almonds
- 2 tablespoons citrus champagne vinegar

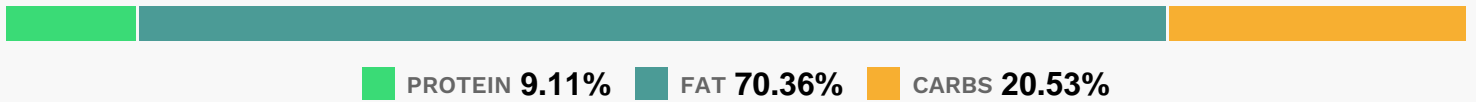
Equipment

- bowl
- frying pan

Directions

- In a medium skillet over medium–high heat, cook bacon until evenly brown.
- Drain, cool, and crumble.
- To make the dressing, thoroughly blend the vinegar, honey, dry mustard, celery salt, paprika, and olive oil.
- Place lettuce, oranges, green onion, bacon, and almonds in a serving bowl. Toss with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:13.66, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:14.39260871514%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 288.33kcal (14.42%), Fat: 23.23g (35.73%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 12.84g (4.67%), Sugar: 11.57g (12.85%), Cholesterol: 18.71mg (6.24%), Sodium: 346.76mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Vitamin A: 3693.29IU (73.87%), Vitamin K: 64.46µg (61.39%), Vitamin E: 3.88mg (25.89%), Vitamin C: 20.08mg (24.34%), Manganese: 0.33mg (16.56%), Vitamin B1: 0.17mg (11.57%), Vitamin B2: 0.19mg (11.29%), Phosphorus: 109.34mg (10.93%), Magnesium: 42.82mg (10.7%), Selenium: 7.25µg (10.36%), Fiber: 2.4g (9.61%), Vitamin B3: 1.91mg (9.56%), Potassium: 292.58mg (8.36%), Vitamin B6: 0.16mg (7.88%), Copper: 0.16mg (7.82%), Iron: 1.27mg (7.06%), Zinc: 1.05mg (7.02%), Folate: 23.36µg (5.84%), Calcium: 51.41mg (5.14%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.14µg (2.36%)