



Apple-Orange Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 blood oranges
- ☐ 1 piece ginger thinly sliced
- ☐ 1 apples green thinly sliced
- ☐ 3 tablespoons honey
- ☐ 4 navel oranges
- ☐ 1 apples red thinly sliced

Equipment

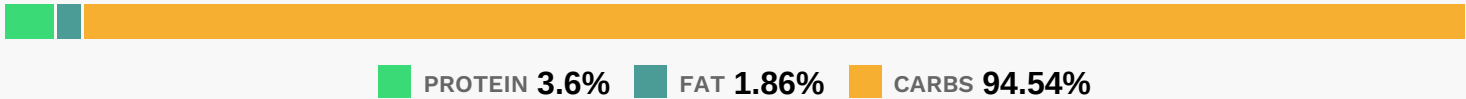
- ☐ bowl

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Cut the ends off the navel and blood oranges, then cut away the peel and white pith. Working over a bowl, cut along both sides of each membrane with a paring knife to remove the segments, allowing them to drop into the bowl. Discard any seeds. Squeeze the juice from the membranes into a small bowl (you should have about 1 cup of juice).
- ☐ Bring the reserved orange juice, honey and ginger to a simmer in a small saucepan over medium heat. Cook until syrupy, 8 to 10 minutes.
- ☐ Let cool completely; discard the ginger. Toss the syrup with the oranges and apples.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:6.8169565589532%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 22.77mg, Hesperetin: 22.77mg, Hesperetin: 22.77mg, Hesperetin: 22.77mg Naringenin: 7.95mg, Naringenin: 7.95mg, Naringenin: 7.95mg, Naringenin: 7.95mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 114.21kcal (5.71%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 26.2g (9.53%), Sugar: 23.69g (26.33%), Cholesterol: 0mg (0%), Sodium: 2.11mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin C: 62.67mg (75.97%), Fiber: 3.76g (15.05%), Folate:

36.49µg (9.12%), Potassium: 245.84mg (7.02%), Vitamin A: 282.79IU (5.66%), Vitamin B1: 0.08mg (5.44%), Vitamin B6: 0.11mg (5.41%), Calcium: 48.06mg (4.81%), Vitamin B2: 0.07mg (4.19%), Magnesium: 14.88mg (3.72%), Copper: 0.06mg (3.15%), Vitamin B5: 0.31mg (3.12%), Manganese: 0.06mg (3.08%), Phosphorus: 30.17mg (3.02%), Vitamin B3: 0.5mg (2.49%), Vitamin E: 0.27mg (1.79%), Iron: 0.25mg (1.41%), Vitamin K: 1.34µg (1.27%)