



Asian Flavors Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup rice wine vinegar
- ☐ 6 cups torn romaine lettuce

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine lettuce, water chestnuts, and oranges in a large bowl; set aside.
- ☐ Combine vinegar and oil in a small bowl, stirring well with a wire whisk.
- ☐ Pour vinegar mixture over salad mixture, tossing well.
- ☐ Serve immediately, or cover and chill up to 1 hour, if desired.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:15.123043531957%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 97.54kcal (4.88%), Fat: 1.29g (1.99%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 15.92g (5.79%), Sugar: 9.45g (10.5%), Cholesterol: 0mg (0%), Sodium: 16.66mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin A: 7163.4IU (143.27%), Vitamin K: 72.57µg (69.11%), Vitamin C: 30.38mg (36.83%), Folate: 104.88µg (26.22%), Fiber: 4.63g (18.51%), Vitamin B6: 0.23mg (11.32%), Potassium: 384.81mg (10.99%), Manganese: 0.21mg (10.47%), Iron: 1.67mg (9.28%), Vitamin B1: 0.13mg (8.6%), Copper: 0.16mg (7.76%), Zinc: 0.91mg (6.08%), Magnesium: 23.14mg (5.79%), Vitamin B2: 0.09mg (5.47%), Phosphorus: 47.37mg (4.74%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.66mg (4.43%), Calcium: 36.98mg (3.7%), Vitamin B5: 0.23mg (2.25%), Selenium: 1.3µg (1.85%)