



Asparagus, Boston Lettuce and Orange Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

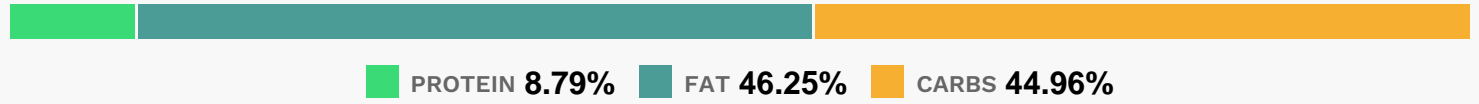
- 1 lb asparagus spears fresh
- 2 heads boston lettuce
- 2 large navel oranges peeled sliced
- 1 large onion red separated sliced
- 0.5 cup creamy poppyseed dressing kraft

Equipment

Directions

- Cover large platter with lettuce.
- Top with onions, oranges and asparagus.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:9.3543477965438%

Flavonoids

Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg, Isorhamnetin: 3.14mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 81.93kcal (4.1%), Fat: 4.49g (6.91%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.71g (2.8%), Sugar: 6.66g (7.4%), Cholesterol: 5.13mg (1.71%), Sodium: 109.51mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 60.53µg (57.64%), Vitamin A: 1499.88IU (30%), Vitamin C: 21.18mg (25.68%), Folate: 59.49µg (14.87%), Fiber: 2.11g (8.46%), Manganese: 0.17mg (8.29%), Iron: 1.48mg (8.2%), Vitamin B1: 0.11mg (7.45%), Potassium: 236.13mg (6.75%), Vitamin E: 1mg (6.67%), Vitamin B2: 0.11mg (6.37%), Copper: 0.11mg (5.42%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 49.22mg (4.92%), Calcium: 37.99mg (3.8%), Magnesium: 15.14mg (3.79%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.89µg (2.71%), Zinc: 0.37mg (2.47%)