



 5%
HEALTH SCORE

Avocado Mandarin Tossed Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounces mandarin oranges drained canned
- 0.5 cup spring onion thinly sliced
- 0.3 cup pecans toasted coarsely chopped
- 0.1 teaspoon pepper
- 4 cups the salad
- 1 medium avocado ripe peeled sliced
- 0.3 cup salad dressing italian prepared

Equipment

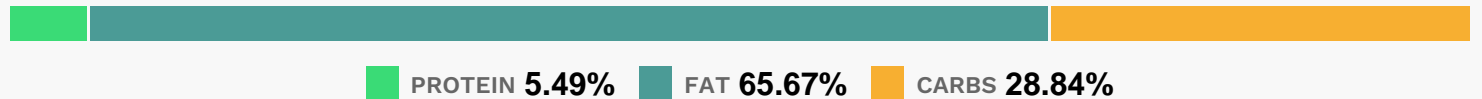
bowl

Directions

In a large bowl, combine the oranges, onions, pecans and pepper; cover and refrigerate for 30 minutes. Just before serving, place the greens in a large salad bowl; top with orange mixture and avocado slices.

Drizzle with dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:7.0426086291023%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 109.3kcal (5.46%), Fat: 8.56g (13.16%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 82.84mg (3.6%), Alcohol: 0g (100%), Protein: 1.61g (3.22%), Vitamin C: 21.62mg (26.21%), Vitamin K: 22.54µg (21.46%), Vitamin A: 842.98IU (16.86%), Manganese: 0.29mg (14.29%), Fiber: 2.76g (11.03%), Folate: 34.7µg (8.68%), Potassium: 251.72mg (7.19%), Copper: 0.14mg (6.76%), Vitamin B1: 0.09mg (6.14%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.84mg (5.58%), Magnesium: 20.94mg (5.24%), Zinc: 0.64mg (4.3%), Vitamin B5: 0.42mg (4.17%), Phosphorus: 41.2mg (4.12%), Vitamin B3: 0.82mg (4.08%), Vitamin B2: 0.07mg (3.87%), Iron: 0.6mg (3.33%), Calcium: 19.07mg (1.91%)