



Bell Pepper and Olive Salad with Orange-Cumin Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 cup calamata black pitted drained
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 5 oz slivered onion red finely
- ☐ 0.5 cup orange juice
- ☐ 0.3 teaspoon pepper

- ☐ 7 oz crisped salad mix rinsed
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 7 oz bell pepper red yellow

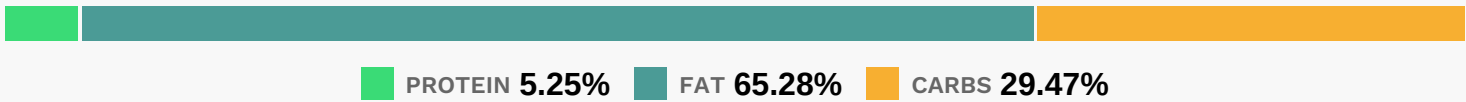
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together orange juice, vinegar, oil, mustard, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add salad mix, olives, red onion, and bell pepper.
- ☐ Mix gently to coat.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:12.552608749141%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 164.74kcal (8.24%), Fat: 12.63g (19.43%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 9.79g (3.56%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 876.23mg (38.1%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin C: 93.21mg (112.98%), Vitamin A: 2318.8IU (46.38%), Vitamin E: 3.12mg (20.8%), Folate: 58.53µg (14.63%), Vitamin B6: 0.25mg (12.67%), Fiber: 3.04g (12.16%), Manganese: 0.22mg (11.13%), Potassium: 332.74mg (9.51%), Vitamin K: 7.56µg (7.2%), Vitamin B1: 0.1mg (6.78%), Iron: 1.14mg (6.34%), Magnesium: 25.31mg (6.33%), Phosphorus: 55.24mg (5.52%), Copper: 0.11mg (5.44%), Vitamin B2: 0.09mg (5.4%), Vitamin B3: 1.04mg (5.19%), Calcium: 44.98mg (4.5%), Vitamin B5: 0.34mg (3.4%), Selenium: 2.05µg (2.94%), Zinc: 0.36mg (2.39%)