



Blood orange, mozzarella & rocket salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 blood oranges (or normal)
- ☐ 250 g mozzarella cheese canned (or burrata, if you can get it)
- ☐ 2 handfuls arugula
- ☐ 0.5 onion red thinly sliced
- ☐ 3 tbsp olive oil
- ☐ 3 tbsp red wine vinegar
- ☐ 2 tsp sugar
- ☐ 2 tsp coarse mustard

- ☐ 1 tsp mustard seeds shopping list black (or brown)
- ☐ 1 tsp poppy seeds

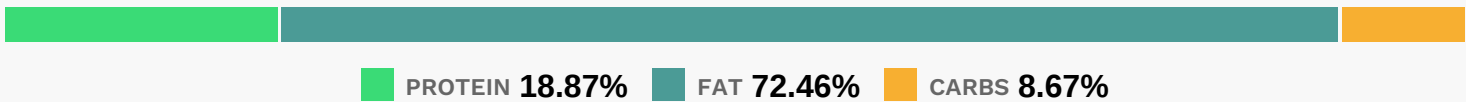
Equipment

- ☐ knife

Directions

- ☐ Finely zest 1 of the oranges and mix with the dressing ingredients and some seasoning.
- ☐ Cut the peel from the top and bottom of each orange, then sit each flat on a board. Using a small knife, cut away the peel and pith from each orange, working in downward strokes all the way around. Thinly slice the oranges and scatter over a platter with the mozzarella, rocket and onion.
- ☐ Drizzle the dressing over the salad and eat with crusty bread, if you like.

Nutrition Facts



Properties

Glycemic Index:58.9, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:9.6978260719258%

Flavonoids

Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 310.85kcal (15.54%), Fat: 25.12g (38.65%), Saturated Fat: 9.73g (60.83%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.53g (5.03%), Cholesterol: 49.38mg (16.46%), Sodium: 424mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.45%), Calcium: 352.45mg (35.25%), Phosphorus: 245.63mg (24.56%), Vitamin B12: 1.42µg (23.75%), Selenium: 12.77µg (18.24%), Vitamin K: 18.78µg (17.88%), Vitamin A: 683.94IU (13.68%), Zinc: 2.01mg (13.38%), Vitamin B2: 0.2mg (11.6%), Vitamin E: 1.74mg (11.6%), Vitamin C: 7.81mg (9.47%), Manganese: 0.15mg (7.29%), Magnesium: 25.48mg (6.37%), Folate: 21.17µg (5.29%), Iron: 0.72mg (4.02%),

Potassium: 139.1mg (3.97%), Fiber: 0.93g (3.73%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.06mg (2.91%), Copper: 0.04mg (2.1%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.25µg (1.67%)