



Bouquet Mix Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon juice of lemon
- 1 tablespoon olive oil extra-virgin
- 0.3 cup orange juice
- 0.5 teaspoon orange peel grated
- 6 oz salad mix rinsed drained
- 6 servings salt and pepper
- 3 cups petals rinsed drained (see notes)
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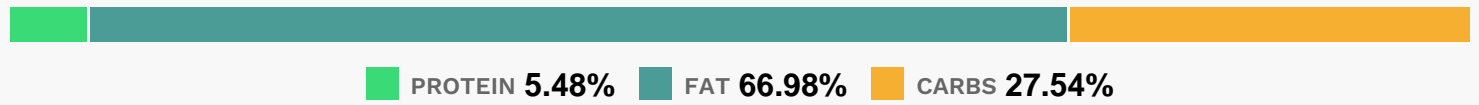
Equipment

bowl

Directions

- In a wide bowl, combine orange juice, lemon juice, oil, and orange peel.
- Add salad mix and blossoms.
- Mix and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:1.9665217425512%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 30.52kcal (1.53%), Fat: 2.38g (3.66%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 201.34mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 12.94mg (15.68%), Vitamin A: 343.57IU (6.87%), Folate: 14.14µg (3.53%), Vitamin E: 0.34mg (2.3%), Manganese: 0.04mg (2.2%), Potassium: 72.42mg (2.07%), Vitamin B6: 0.03mg (1.41%), Vitamin K: 1.41µg (1.35%), Phosphorus: 13.05mg (1.3%), Vitamin B1: 0.02mg (1.24%), Iron: 0.22mg (1.21%), Magnesium: 4.45mg (1.11%), Vitamin B2: 0.02mg (1.05%), Vitamin B3: 0.2mg (1.01%)