



Citrus Salad



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large grapefruit peeled
- ☐ 5 oz baby greens mixed washed
- ☐ 2 navel oranges peeled
- ☐ 6 servings orange vinaigrette
- ☐ 1 pears peeled thinly sliced
- ☐ 1 cup grapes red seedless
- ☐ 6 servings try build-a-meal

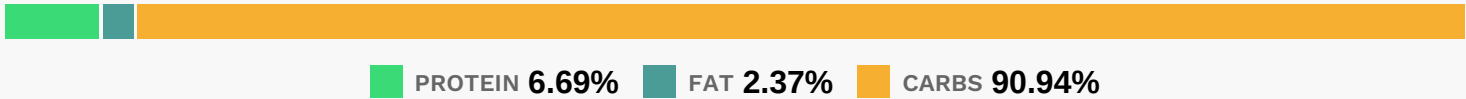
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake nuts in a single layer in a shallow pan for 6 to 8 minutes or until toasted and fragrant.
- ☐ Place greens in a large bowl.
- ☐ Add orange sections, grapefruit sections, sliced pear, and grapes.
- ☐ Drizzle with 1/4 cup Orange Vinaigrette, tossing gently to coat.
- ☐ Sprinkle toasted nuts over salad, and serve immediately with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:8.16, Inflammation Score:-8, Nutrition Score:11.41391307893%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 34.92mg, Hesperetin: 34.92mg, Hesperetin: 34.92mg, Hesperetin: 34.92mg Naringenin: 35.16mg, Naringenin: 35.16mg, Naringenin: 35.16mg, Naringenin: 35.16mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 129.7kcal (6.49%), Fat: 0.38g (0.59%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 27.46g (9.99%), Sugar: 23g (25.55%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 100.29mg (121.56%), Vitamin A: 1246.61IU

(24.93%), Fiber: 5.44g (21.78%), Folate: 61.53µg (15.38%), Potassium: 445.48mg (12.73%), Vitamin B1: 0.16mg (10.99%), Manganese: 0.18mg (9.1%), Vitamin B6: 0.17mg (8.67%), Calcium: 77.06mg (7.71%), Copper: 0.15mg (7.58%), Magnesium: 28.03mg (7.01%), Vitamin B2: 0.12mg (6.89%), Phosphorus: 57.42mg (5.74%), Vitamin B5: 0.56mg (5.62%), Vitamin K: 5.04µg (4.8%), Vitamin B3: 0.85mg (4.23%), Iron: 0.55mg (3.07%), Vitamin E: 0.4mg (2.68%), Zinc: 0.29mg (1.95%), Selenium: 1.16µg (1.66%)