



Citrus Salad with Bacon & Red Onion

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

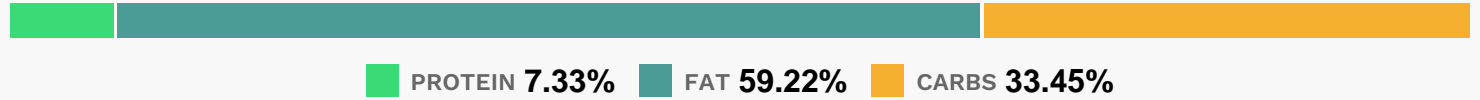
- 4 cups tightly baby spinach leaves packed
- 3 slices oscar mayer bacon crumbled cooked
- 0.3 cup lite balsamic vinaigrette dressing kraft
- 0.3 cup cranberries dried
- 1 large navel oranges halved thinly sliced
- 0.3 cup onion rings red thin
- 4 cups tightly salad greens mixed packed

Equipment

Directions

- Combine all ingredients except dressing.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:11.482173716244%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 138.54kcal (6.93%), Fat: 9.39g (14.44%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.77g (8.63%), Cholesterol: 7.26mg (2.42%), Sodium: 214.48mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin K: 97.15µg (92.52%), Vitamin A: 2240.21IU (44.8%), Vitamin C: 26.27mg (31.84%), Folate: 58.29µg (14.57%), Manganese: 0.26mg (12.79%), Potassium: 234.26mg (6.69%), Vitamin B6: 0.12mg (6.06%), Magnesium: 23.78mg (5.94%), Fiber: 1.46g (5.85%), Vitamin B1: 0.07mg (4.99%), Iron: 0.83mg (4.61%), Vitamin B2: 0.08mg (4.48%), Phosphorus: 44.52mg (4.45%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.63mg (4.21%), Calcium: 37.81mg (3.78%), Selenium: 2.6µg (3.72%), Copper: 0.06mg (3.04%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.19mg (1.92%)