



Citrus Salad with Creamy Orange Dressing

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

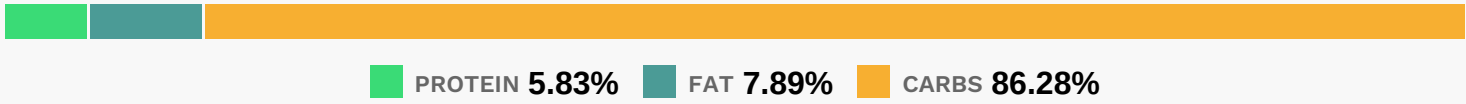
- ☐ 2 teaspoons coconut or flaked toasted
- ☐ 0.5 cup mandarin oranges in syrup light canned drained
- ☐ 2 tablespoons nonfat cream alternative sour
- ☐ 1 teaspoon orange juice concentrate frozen undiluted
- ☐ 0.3 cup pineapple tidbits in juice canned drained
- ☐ 1.5 teaspoons powdered sugar
- ☐ 1 medium 1 tangerine peeled coarsely chopped

Equipment

Directions

- ☐ Combine first 3 ingredients; spoon mixture evenly into 2 serving dishes.
- ☐ Combine sour cream, sugar, and orange juice concentrate; spoon mixture evenly over fruit.
- ☐ Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:5.5834782706655%

Flavonoids

Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg

Nutrients (% of daily need)

Calories: 89.9kcal (4.49%), Fat: 0.85g (1.31%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 18.85g (6.85%), Sugar: 16.5g (18.34%), Cholesterol: 1.08mg (0.36%), Sodium: 21.13mg (0.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin C: 35.06mg (42.5%), Vitamin A: 979.22IU (19.58%), Fiber: 2.06g (8.24%), Vitamin B1: 0.12mg (7.97%), Potassium: 222.64mg (6.36%), Magnesium: 19.35mg (4.84%), Vitamin B6: 0.1mg (4.8%), Copper: 0.09mg (4.57%), Calcium: 44.47mg (4.45%), Folate: 14.68µg (3.67%), Vitamin B2: 0.06mg (3.67%), Phosphorus: 31.72mg (3.17%), Zinc: 0.4mg (2.7%), Vitamin B3: 0.53mg (2.64%), Manganese: 0.05mg (2.29%), Iron: 0.35mg (1.92%), Selenium: 1.23µg (1.76%), Vitamin E: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.17%)