



HEALTH SCORE

74%

Citrus Salad With Shiitake and Enoki Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups cucumber thinly sliced
- ☐ 1 tablespoon sesame oil dark
- ☐ 3 ounce enoki mushrooms
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons orange juice
- ☐ 2 cups orange sections

- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.3 cup rice vinegar
- ☐ 4 cups romaine lettuce sliced
- ☐ 1.5 cups shiitake mushroom caps sliced (1 [
- ☐ 2 tablespoons teriyaki sauce light

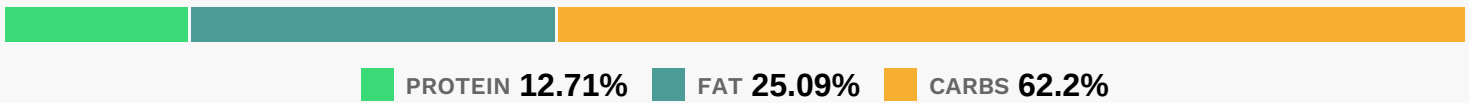
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a bowl, and stir well. Stir in oranges, cucumbers, shiitake mushrooms, and radishes; let stand 5 minutes.
- ☐ Arrange 1 cup lettuce on each of 4 salad plates; spoon 1 cup orange mixture over each serving. Divide enoki mushrooms evenly among salads.

Nutrition Facts



Properties

Glycemic Index:67.13, Glycemic Load:5.72, Inflammation Score:-10, Nutrition Score:21.363912831182%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 26.05mg, Hesperetin: 26.05mg, Hesperetin: 26.05mg, Hesperetin: 26.05mg Naringenin: 14.06mg, Naringenin: 14.06mg, Naringenin: 14.06mg, Naringenin: 14.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 144.75kcal (7.24%), Fat: 4.36g (6.71%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 17.82g (6.48%), Sugar: 14.37g (15.96%), Cholesterol: 0mg (0%), Sodium: 364.08mg (15.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin A: 4358.69IU (87.17%), Vitamin C: 60.16mg (72.92%), Vitamin K: 52.46µg (49.96%), Folate: 127.43µg (31.86%), Vitamin B3: 5.42mg (27.08%), Fiber: 6.49g (25.96%), Potassium: 767.8mg (21.94%), Vitamin B6: 0.42mg (20.95%), Vitamin B5: 2.04mg (20.42%),

Vitamin B2: 0.32mg (19.02%), Manganese: 0.38mg (18.9%), Phosphorus: 175.47mg (17.55%), Vitamin B1: 0.21mg (13.72%), Copper: 0.27mg (13.44%), Magnesium: 51.04mg (12.76%), Selenium: 6.38µg (9.11%), Zinc: 1.34mg (8.91%), Iron: 1.5mg (8.33%), Calcium: 69.94mg (6.99%), Vitamin D: 0.36µg (2.4%), Vitamin E: 0.3mg (1.98%)