



## Citrus Salad with Sweet-and-Sour Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 pink grapefruits peeled
- 0.3 teaspoon onion powder
- 2 oranges peeled
- 0.3 teaspoon paprika
- 0.1 teaspoon pepper
- 0.5 small purple onion thinly sliced
- 4 cups torn romaine lettuce
- 1 teaspoon salt

- 3 tablespoons sugar
- 0.5 cup vegetable oil
- 0.3 cup vinegar white

## Equipment

- whisk

## Directions

- Whisk together first 7 ingredients; chill 1 hour.
- Arrange lettuce evenly on 4 salad plates. Top evenly with grapefruit and orange sections and sliced onion.
- Drizzle with dressing.

## Nutrition Facts

**PROTEIN 4.82%** **FAT 27.09%** **CARBS 68.09%**

## Properties

Glycemic Index:65.4, Glycemic Load:12.11, Inflammation Score:-10, Nutrition Score:16.800434895184%

## Flavonoids

Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

## Nutrients (% of daily need)

Calories: 185.62kcal (9.28%), Fat: 5.91g (9.09%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 28.52g (10.37%), Sugar: 25.1g (27.89%), Cholesterol: 0mg (0%), Sodium: 586.38mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 5775.26IU (115.51%), Vitamin C: 77.71mg (94.19%), Vitamin K: 58.46µg (55.68%), Folate: 102.97µg (25.74%), Fiber: 4.92g (19.68%), Potassium: 433.16mg (12.38%), Vitamin B1: 0.15mg (10.22%), Vitamin B6: 0.16mg (8.11%), Manganese: 0.16mg (8.01%), Calcium: 75.8mg (7.58%), Magnesium: 26.72mg (6.68%), Vitamin B2: 0.1mg (6.15%), Vitamin B5: 0.59mg (5.88%), Vitamin E: 0.83mg (5.54%), Phosphorus: 52.04mg (5.2%), Copper: 0.1mg (5.16%), Iron: 0.71mg (3.93%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.28mg (1.88%), Selenium: 0.9µg (1.29%)