



Citrus Salad with Tarragon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 blood oranges
- ☐ 4 3 large clementines
- ☐ 0.3 cup tarragon fresh packed plus more for serving ()
- ☐ 2 navel oranges
- ☐ 0.3 cup sugar
- ☐ 2 1 tangerine

Equipment

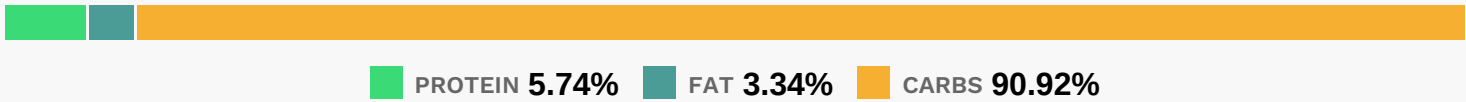
- ☐ bowl

- ☐ knife
- ☐ sieve

Directions

- ☐ Combine sugar, 1/4 cup tarragon, and 1/4 cup water in a jar, cover, and shake until sugar is dissolved. Strain tarragon syrup through a fine-mesh sieve into a clean jar or small bowl; discard tarragon.
- ☐ Using a sharp knife, remove peel and white pith from blood oranges, clementines, navel oranges, and tangerines; discard. Slice citrus crosswise into 1/4"-thick rounds. Arrange citrus on a platter, drizzle with tarragon syrup (if your citrus is sweet, you may not want to use all of the syrup), and top with more tarragon leaves.
- ☐ DO AHEAD: Syrup can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:8.84, Inflammation Score:-5, Nutrition Score:5.9278261726317%

Flavonoids

Hesperetin: 11.17mg, Hesperetin: 11.17mg, Hesperetin: 11.17mg, Hesperetin: 11.17mg Naringenin: 5.69mg, Naringenin: 5.69mg, Naringenin: 5.69mg, Naringenin: 5.69mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 78.02kcal (3.9%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 17.49g (6.36%), Sugar: 15.55g (17.28%), Cholesterol: 0mg (0%), Sodium: 2.21mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin C: 48.87mg (59.24%), Fiber: 2.07g (8.28%), Manganese: 0.16mg (7.8%), Folate: 30.62µg (7.65%), Vitamin A: 317.83IU (6.36%), Potassium: 220.13mg (6.29%), Vitamin B6: 0.11mg (5.74%), Calcium: 55.11mg (5.51%), Vitamin B1: 0.08mg (5.2%), Magnesium: 16.37mg (4.09%), Vitamin B2: 0.06mg (3.65%), Iron: 0.65mg (3.64%), Vitamin B3: 0.63mg (3.14%), Copper: 0.05mg (2.65%), Phosphorus: 26.12mg (2.61%), Vitamin B5: 0.21mg (2.11%), Vitamin E: 0.18mg (1.21%)