



## Creamy Orange Salad

 Vegetarian  Vegan  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large apples cored sliced
- 2 Tbsp olives black sliced
- 0.5 cup roka cheese dressing blue kraft
- 0.3 cup celery sliced
- 2 oranges seedless peeled

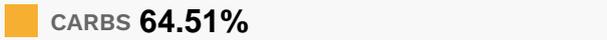
### Equipment

- bowl

## Directions

- Toss oranges, apple, celery and olives in medium bowl.
- Add dressing; toss lightly.
- Refrigerate 1 hour or until ready to serve.
- Serve on lettuce-covered plate, if desired.

## Nutrition Facts

 **PROTEIN 9.33%**  **FAT 26.16%**  **CARBS 64.51%**

## Properties

Glycemic Index:10.65, Glycemic Load:1.87, Inflammation Score:-2, Nutrition Score:2.1295652648677%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 38.71kcal (1.94%), Fat: 1.2g (1.85%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.4g (1.96%), Sugar: 5.16g (5.73%), Cholesterol: 0.12mg (0.04%), Sodium: 142.23mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 15.08mg (18.28%), Fiber: 1.26g (5.03%), Folate: 9.85µg (2.46%), Calcium: 24.56mg (2.46%), Potassium: 79.13mg (2.26%), Vitamin B1: 0.03mg (1.99%), Vitamin K: 1.91µg (1.82%), Vitamin A: 88.98IU (1.78%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 16.96mg (1.7%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.05mg (1.26%), Vitamin E: 0.19mg (1.24%), Copper: 0.02mg (1.09%)