



Crimson Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- 4 teaspoons almonds toasted sliced
- 0.5 pound boston lettuce leaves loosely packed
- 1 tablespoon cornstarch
- 2 tablespoons cooking wine dry white
- 2 tablespoons juice of lemon
- 2 cups orange sections fresh
- 0.8 cup raspberries fresh
- 2 tablespoons rice vinegar

- 3 tablespoons sugar
- 1 tablespoon vegetable oil
- 1 cup water
- 3 cups watercress sprigs loosely packed

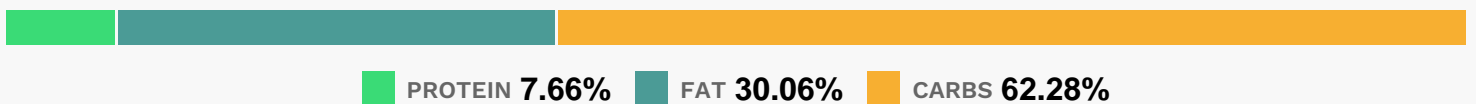
Equipment

- bowl
- sauce pan
- sieve

Directions

- Combine first 8 ingredients in a small saucepan. Bring mixture to a boil over medium-high heat, stirring constantly; boil 1 minute.
- Pour mixture through a wire-mesh strainer into a small bowl or jar, pressing mixture against sides of strainer with back of spoon; discard seeds and pulp. Cover and chill.
- Arrange lettuce leaves evenly on 6 salad plates; arrange watercress sprigs and orange sections evenly over lettuce.
- Drizzle 1/4 cup raspberry mixture over each salad; sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:40.93, Glycemic Load:6.88, Inflammation Score:-9, Nutrition Score:12.679565362308%

Flavonoids

Cyanidin: 6.93mg, Cyanidin: 6.93mg, Cyanidin: 6.93mg, Cyanidin: 6.93mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.08mg,

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Hesperetin: 17.09mg, Hesperetin: 17.09mg, Hesperetin: 17.09mg Naringenin: 9.29mg, Naringenin: 9.29mg,
Naringenin: 9.29mg, Naringenin: 9.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 4.02mg,
Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin:
0.13mg, Myricetin: 0.13mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 112.6kcal (5.63%), Fat: 3.9g (6%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 18.17g (6.06%), Net
Carbohydrates: 14.9g (5.42%), Sugar: 12.94g (14.38%), Cholesterol: 0mg (0%), Sodium: 11.59mg (0.5%), Alcohol:
0.51g (100%), Alcohol %: 0.33% (100%), Protein: 2.24g (4.47%), Vitamin K: 86.53µg (82.41%), Vitamin C: 46.49mg
(56.36%), Vitamin A: 1934.66IU (38.69%), Manganese: 0.3mg (14.8%), Folate: 52.5µg (13.12%), Fiber: 3.28g (13.1%),
Vitamin E: 1.35mg (9.01%), Potassium: 305.83mg (8.74%), Calcium: 70.89mg (7.09%), Vitamin B1: 0.1mg (6.72%),
Magnesium: 26.27mg (6.57%), Vitamin B2: 0.11mg (6.27%), Vitamin B6: 0.11mg (5.28%), Phosphorus: 49.94mg
(4.99%), Copper: 0.1mg (4.79%), Iron: 0.79mg (4.41%), Vitamin B5: 0.33mg (3.3%), Vitamin B3: 0.53mg (2.67%),
Zinc: 0.3mg (1.98%), Selenium: 0.93µg (1.33%)