



WHATSheATE



Crispy Sesame Salad Stack



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

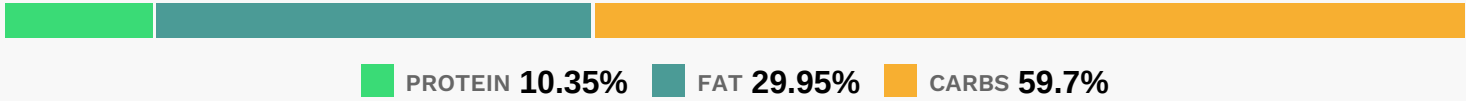
- ☐ 6 tablespoons cashew pieces chopped
- ☐ 2 green onions sliced
- ☐ 8.3 oz mandarin orange segments drained canned
- ☐ 8 oz salad greens mixed washed
- ☐ 6 servings orange-soy vinaigrette fresh
- ☐ 6 servings salt and pepper to taste
- ☐ 6 servings sesame won ton crisps

Equipment

Directions

- ☐ Layer 1/2 cup salad greens, 1 Sesame Won Ton Crisp, 3 Tbsp. salad greens, 1 Sesame Won Ton Crisp, and 1 Tbsp. salad greens on a serving plate. Carefully tuck 1 Tbsp. mandarin orange segments into salad greens. Repeat procedure with remaining salad greens, won ton crisps, and orange segments.
- ☐ Sprinkle with green onions and cashews.
- ☐ Drizzle with Fresh Orange–Soy Vinaigrette.
- ☐ Sprinkle with salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.62, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:11.122608734214%

Flavonoids

Hesperetin: 27.62mg, Hesperetin: 27.62mg, Hesperetin: 27.62mg, Hesperetin: 27.62mg Naringenin: 17.69mg, Naringenin: 17.69mg, Naringenin: 17.69mg, Naringenin: 17.69mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 128.5kcal (6.42%), Fat: 4.66g (7.17%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 17.6g (6.4%), Sugar: 13.23g (14.7%), Cholesterol: 0.09mg (0.03%), Sodium: 211.96mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin C: 67.86mg (82.25%), Vitamin A: 937.38IU (18.75%), Copper: 0.3mg (15.01%), Manganese: 0.27mg (13.6%), Folate: 53.14µg (13.29%), Fiber: 3.31g (13.25%), Magnesium: 48.04mg (12.01%), Vitamin K: 11.69µg (11.13%), Vitamin B1: 0.16mg (10.8%), Potassium: 370.52mg (10.59%), Phosphorus: 96.73mg (9.67%), Vitamin B6: 0.16mg (7.95%), Iron: 1.15mg (6.38%), Calcium: 62.51mg (6.25%), Zinc: 0.77mg (5.14%), Vitamin B2: 0.08mg (4.81%), Vitamin B5: 0.44mg (4.44%), Selenium: 2.94µg (4.2%), Vitamin B3: 0.79mg (3.95%), Vitamin E: 0.35mg (2.35%)