



Fiesta Salad with Creamy Orange Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large beets cooked peeled cut into wedges
- 3 granny smith apples thinly sliced
- 1 medium jicama cut into matchlike sticks
- 0.5 cup real mayo mayonnaise kraft
- 3 oranges seedless divided
- 0.3 cup pomegranate seeds
- 2 Tbsp sugar
- 0.5 cup planters walnuts toasted coarsely chopped

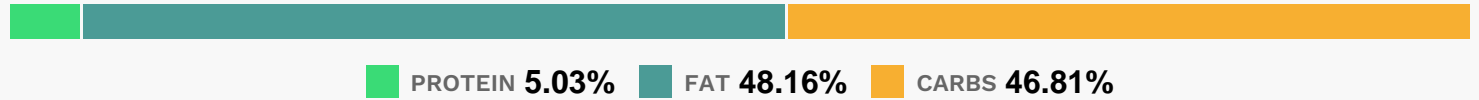
Equipment

bowl

Directions

- Grate zest from 1 orange; place in small bowl. Holding oranges over same bowl, section all oranges, reserving juice in bowl. (See Tip.) Set orange sections aside.
- Add mayo and sugar to juice mixture; mix well.
- Place jicama in center of platter; surround with oranges, apples and beets.
- Drizzle with mayo mixture. Top with pomegranate seeds and nuts.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:7.19, Inflammation Score:-5, Nutrition Score:8.5191304861851%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 186.24kcal (9.31%), Fat: 10.46g (16.1%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 16.54g (6.01%), Sugar: 14.65g (16.28%), Cholesterol: 3.92mg (1.31%), Sodium: 97.53mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 33.36mg (40.43%), Fiber: 6.35g (25.39%), Manganese: 0.38mg (18.94%), Folate: 74.17µg (18.54%), Vitamin K: 17.35µg (16.52%), Potassium: 371.83mg (10.62%), Copper: 0.17mg (8.7%), Magnesium: 30.91mg (7.73%), Vitamin B6: 0.12mg (6.1%), Phosphorus: 58.08mg

(5.81%), Vitamin B1: 0.08mg (5.46%), Iron: 0.96mg (5.31%), Vitamin E: 0.78mg (5.19%), Vitamin B2: 0.07mg (4.17%), Calcium: 35.67mg (3.57%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.47mg (3.12%), Vitamin A: 131.79IU (2.64%), Vitamin B3: 0.46mg (2.31%), Selenium: 1.35µg (1.93%)