



## Fruited Greens with Orange Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 1.5 cups arugula
- 1 cup belgian endive thinly sliced
- 1 tablespoon honey
- 2 teaspoons mustard coarse-grained
- 5 small oranges
- 2 teaspoons sherry vinegar
- 2 cups strawberries fresh sliced
- 1.5 cups watercress leaves loosely packed

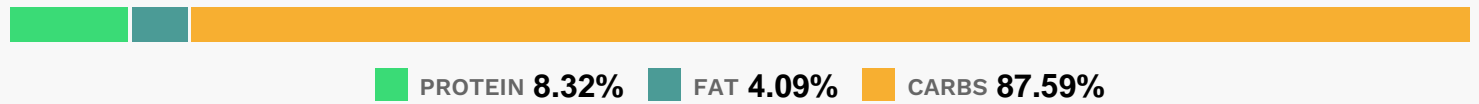
# Equipment

- bowl
- sauce pan

# Directions

- Grate 1 teaspoon rind from oranges; set grated rind aside. Peel and section 3 oranges; set sections aside. Squeeze enough juice from remaining 2 oranges to measure 1/2 cup juice.
- Combine juice and honey in a small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until mixture is reduced to 1/3 cup, stirring occasionally. Cool juice mixture.
- Combine cooled juice mixture, grated orange rind, vinegar, and mustard in a jar. Cover tightly, and shake vigorously.
- Combine watercress, arugula, and endive in a salad bowl; add juice mixture, and toss gently to coat. Arrange greens mixture evenly on 4 salad plates; top with orange sections and strawberry slices.

# Nutrition Facts



# Properties

Glycemic Index:57.69, Glycemic Load:8.78, Inflammation Score:-8, Nutrition Score:13.116086980571%

# Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 32.7mg, Hesperetin: 32.7mg, Hesperetin: 32.7mg, Hesperetin: 32.7mg Naringenin: 18.57mg, Naringenin: 18.57mg, Naringenin: 18.57mg, Naringenin: 18.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

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## **Nutrients (% of daily need)**

Calories: 104.5kcal (5.23%), Fat: 0.53g (0.81%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 20.17g (7.34%), Sugar: 19.27g (21.41%), Cholesterol: 0mg (0%), Sodium: 36.33mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin C: 113.46mg (137.53%), Vitamin K: 41.67µg (39.69%), Fiber: 5.32g (21.28%), Manganese: 0.4mg (20.07%), Folate: 70.31µg (17.58%), Vitamin A: 871.77IU (17.44%), Potassium: 452.04mg (12.92%), Vitamin B1: 0.16mg (10.34%), Calcium: 93.14mg (9.31%), Magnesium: 31.22mg (7.8%), Vitamin B6: 0.14mg (7.01%), Copper: 0.12mg (5.98%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 54.59mg (5.46%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.59mg (3.96%), Iron: 0.68mg (3.76%), Vitamin B3: 0.72mg (3.61%), Selenium: 1.96µg (2.8%), Zinc: 0.3mg (1.99%)