



Fruity Spring Mix Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 11 ounce mandarin orange segments chilled drained canned
- ☐ 8 servings sweet-hot vinaigrette
- ☐ 2 kiwifruit peeled sliced
- ☐ 2 cups pineapple fresh chopped (1-inch cubes)
- ☐ 16 grapes green red seedless cut in half lengthwise
- ☐ 10 ounce gourmet salad greens mixed
- ☐ 8 servings sugared almonds

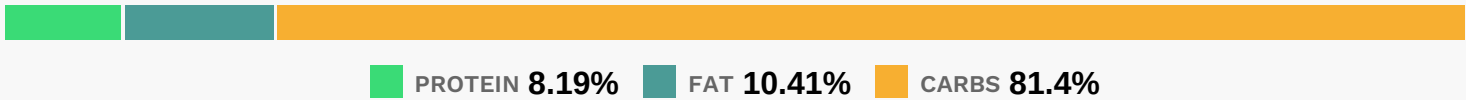
Equipment

☐ bowl

Directions

- ☐ Toss first 6 ingredients together in a large glass bowl.
- ☐ Drizzle evenly with Sweet-Hot Vinaigrette, and sprinkle with Sugared Almonds.
- ☐ *10 cups, loosely packed and torn, of your favorite salad greens may be substituted.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:4.94, Inflammation Score:-8, Nutrition Score:10.561739053415%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 72.99kcal (3.65%), Fat: 0.93g (1.43%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.3g (5.2%), Sugar: 11.72g (13.02%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 59.22mg (71.78%), Vitamin A: 1639.16IU (32.78%), Vitamin K: 32.75µg (31.19%), Manganese: 0.51mg (25.58%), Folate: 43.62µg (10.91%), Fiber: 2.07g (8.27%), Potassium: 274.2mg (7.83%), Vitamin B1: 0.1mg (6.85%), Copper: 0.13mg (6.57%), Vitamin B6: 0.13mg (6.55%), Magnesium: 21.49mg (5.37%), Iron: 0.81mg (4.5%), Vitamin B2: 0.07mg (4.18%), Phosphorus: 39.53mg (3.95%), Vitamin E: 0.59mg (3.92%), Vitamin B3: 0.76mg (3.8%), Calcium: 31.74mg (3.17%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.21mg (2.09%)