



 **60%**
HEALTH SCORE

Green-and-Gold Salad With Fresh Citrus Ranch Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce baby spinach fresh
- 3 cups broccoli fresh chopped
- 1.5 cups mangos diced
- 1 large navel oranges chopped
- 0.5 cup pecans toasted
- 6 servings citrus ranch dressing fresh

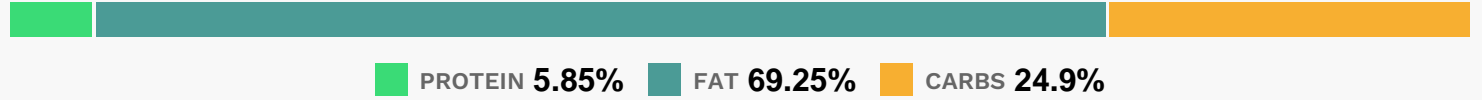
Equipment

bowl

Directions

Combine first 5 ingredients in a large bowl. Toss with Fresh Citrus Ranch Dressing.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:20.67043498612%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 243.67kcal (12.18%), Fat: 19.76g (30.39%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 12.25g (4.45%), Sugar: 10.24g (11.37%), Cholesterol: 7.8mg (2.6%), Sodium: 307.86mg (13.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin K: 224.03µg (213.36%), Vitamin C: 76.11mg (92.25%), Vitamin A: 3452.43IU (69.05%), Manganese: 0.76mg (38.16%), Folate: 111.4µg (27.85%), Fiber: 3.73g (14.93%), Vitamin E: 2.11mg (14.04%), Phosphorus: 132.73mg (13.27%), Potassium: 458.29mg (13.09%), Magnesium: 49.81mg (12.45%), Vitamin B6: 0.23mg (11.31%), Copper: 0.22mg (10.9%), Vitamin B2: 0.17mg (9.97%), Vitamin B1: 0.14mg (9.31%), Iron: 1.48mg (8.25%), Calcium: 77.49mg (7.75%), Vitamin B5: 0.72mg (7.23%), Zinc: 0.81mg (5.41%), Vitamin B3: 0.97mg (4.87%), Selenium: 2.99µg (4.28%)