



HEALTH SCORE

59%

Green Salad With Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 head bibb lettuce



2 green onions chopped



2 cups torn leaf lettuce green



4 servings orange vinaigrette



0.3 cup onion red thinly sliced

Equipment

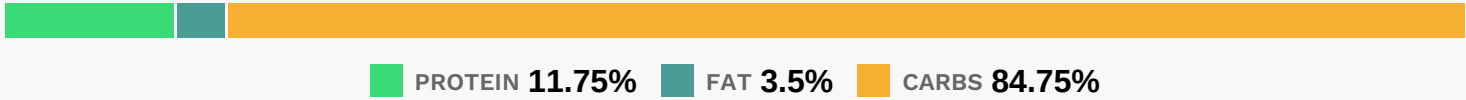


bowl

Directions

- ☐ Combine Bibb lettuce, leaf lettuce, green onions, and red onion in a large bowl.
- ☐ Drizzle with Orange Vinaigrette, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:3.89, Inflammation Score:-9, Nutrition Score:12.860869552778%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 56.22kcal (2.81%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 10.25g (3.73%), Sugar: 9.5g (10.56%), Cholesterol: 0mg (0%), Sodium: 8.44mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin K: 76.83µg (73.17%), Vitamin C: 52.91mg (64.14%), Vitamin A: 2945.06IU (58.9%), Folate: 69.33µg (17.33%), Fiber: 3.17g (12.67%), Potassium: 325.96mg (9.31%), Manganese: 0.16mg (8.15%), Vitamin B1: 0.12mg (8.14%), Calcium: 63.36mg (6.34%), Vitamin B6: 0.12mg (5.96%), Vitamin B2: 0.08mg (4.89%), Iron: 0.86mg (4.78%), Magnesium: 18.84mg (4.71%), Phosphorus: 36.39mg (3.64%), Vitamin B5: 0.33mg (3.27%), Copper: 0.06mg (3.06%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.31mg (2.07%), Zinc: 0.22mg (1.45%), Selenium: 0.89µg (1.27%)