



Hazelnut-Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 cups torn bibb lettuce (5 medium heads)
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon dijon mustard
- 1 tablespoon hazelnut oil
- 0.3 cup hazelnuts toasted chopped
- 4 large navel oranges
- 2 tablespoons orange marmalade
- 0.3 teaspoon salt

- 1 tablespoon shallots minced
- 2 tablespoons sherry vinegar

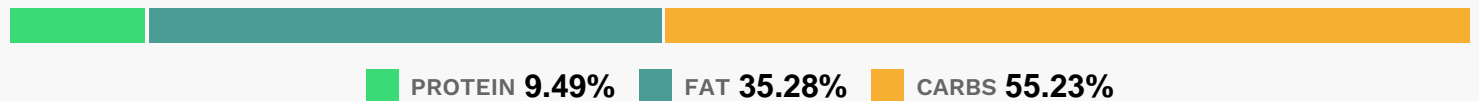
Equipment

- bowl
- whisk

Directions

- Peel and section oranges over a bowl, reserving 2 tablespoons juice. Set sections aside.
- Combine reserved 2 tablespoons juice, shallots, and next 6 ingredients (through pepper), stirring with a whisk.
- Arrange 2 cups lettuce on each of 8 plates; top evenly with reserved orange sections.
- Drizzle each serving with 1 tablespoon vinaigrette; sprinkle each serving with 1 1/2 teaspoons nuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:16.25478240718%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 100.06kcal (5%), Fat: 4.32g (6.64%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 12.11g (4.4%), Sugar: 10.16g (11.28%), Cholesterol: 0mg (0%), Sodium: 85.07mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 102.9µg (98%), Vitamin A: 3489.19IU (69.78%), Vitamin C: 45.67mg (55.35%), Folate: 101.94µg (25.48%), Manganese: 0.44mg (22.14%), Fiber: 3.1g (12.4%), Potassium: 388.09mg (11.09%), Vitamin E: 1.65mg (11.03%), Vitamin B1: 0.13mg (8.69%), Iron: 1.56mg (8.64%), Vitamin B6: 0.16mg (8.2%), Calcium: 72.34mg (7.23%), Magnesium: 27.53mg (6.88%), Phosphorus: 61.61mg (6.16%), Vitamin B2: 0.1mg (6.1%), Copper: 0.11mg (5.72%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.73mg (3.65%), Zinc: 0.36mg (2.39%), Selenium: 0.84µg (1.2%)