



 **69%**
HEALTH SCORE

Hearts of Palm, Black Bean, and Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon ground coriander seeds
- ☐ 0.1 teaspoon ground pepper red
- ☐ 14 ounce hearts of palm drained canned
- ☐ 11 ounce mandarin oranges in syrup light undrained canned
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 10 cup romaine lettuce (3 heads)
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons citrus champagne vinegar

Equipment

☐ bowl

☐ whisk

☐ colander

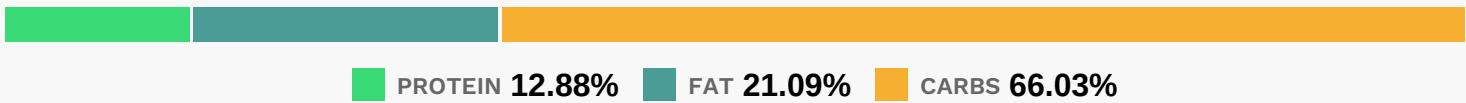
Directions

☐ To prepare the vinaigrette, drain oranges in a colander over a large bowl, reserving 1/4 cup syrup. Discard remaining syrup.

☐ Combine 1/4 cup syrup, oil, and next 4 ingredients (white wine vinegar through pepper) in a small bowl; stir with a whisk until blended.

☐ To prepare the salad, place oranges, lettuce, beans, and hearts of palm in a large bowl; drizzle with vinaigrette. Toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:23.844347922698%

Flavonoids

Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 224.26kcal (11.21%), Fat: 5.44g (8.37%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 29.75g (10.82%), Sugar: 17.8g (19.77%), Cholesterol: 0mg (0%), Sodium: 483.08mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin A: 7241.93IU (144.84%), Vitamin K: 83.13µg (79.18%), Potassium: 1697.69mg (48.51%), Folate: 174µg (43.5%), Fiber: 8.54g (34.18%), Vitamin B6: 0.67mg (33.72%), Copper: 0.62mg (31.2%), Vitamin C: 24.31mg (29.46%), Zinc: 3.08mg (20.52%), Phosphorus: 204.25mg (20.43%), Iron: 3.38mg (18.79%), Vitamin B2: 0.28mg (16.25%), Manganese: 0.31mg (15.68%), Vitamin B1: 0.22mg (14.63%), Magnesium: 49.44mg (12.36%), Calcium: 83.5mg (8.35%), Vitamin E: 1.22mg (8.14%), Vitamin B3: 1.48mg

(7.41%), Vitamin B5: 0.35mg (3.54%), Selenium: 1.8µg (2.57%)