



Heavenly Mixed Greens with Fruit



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 1 medium jicama cut into 1/4-inch slices
- ☐ 6 kiwi fruit peeled sliced
- ☐ 0.5 cup orange juice
- ☐ 6 cranberry-orange relish peeled sliced
- ☐ 8 cups the salad

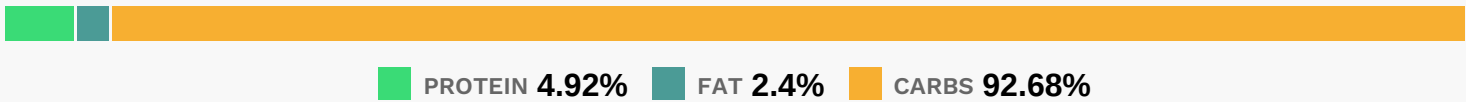
Equipment

- ☐ bowl
- ☐ cookie cutter

Directions

- ☐ To make dressing, in small bowl, mix orange juice, honey and cinnamon until well blended.
- ☐ Cut jicama into star shapes using small star-shaped cookie cutter. In large serving bowl, place jicama stars, oranges and kiwifruit.
- ☐ Add salad greens and dressing; toss to mix.
- ☐ Sprinkle with cranberries.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:12.2, Inflammation Score:-7, Nutrition Score:10.820869518363%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 19.08mg, Hesperetin: 19.08mg, Hesperetin: 19.08mg, Hesperetin: 19.08mg Naringenin: 10.26mg, Naringenin: 10.26mg, Naringenin: 10.26mg, Naringenin: 10.26mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 145.87kcal (7.29%), Fat: 0.42g (0.65%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 30.8g (11.2%), Sugar: 27.34g (30.38%), Cholesterol: 0mg (0%), Sodium: 12.34mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin C: 91.37mg (110.75%), Fiber: 6.03g (24.13%), Vitamin K: 18.95µg (18.05%), Folate: 51.33µg (12.83%), Potassium: 368.09mg (10.52%), Vitamin A: 522.58IU (10.45%), Manganese: 0.19mg (9.42%), Copper: 0.14mg (7.18%), Vitamin E: 1.08mg (7.17%), Vitamin B1: 0.1mg

(6.55%), Magnesium: 25.07mg (6.27%), Vitamin B6: 0.12mg (6.06%), Calcium: 56.29mg (5.63%), Phosphorus: 47.76mg (4.78%), Vitamin B2: 0.08mg (4.52%), Iron: 0.79mg (4.37%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.7mg (3.49%), Zinc: 0.3mg (1.99%), Selenium: 1.07µg (1.53%)