



HEALTH SCORE

84%

Holiday Citrus and Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients



5 ounce baby spinach fresh



1 cucumber sliced



0.3 teaspoon basil dried



2 garlic cloves minced



1 tablespoon juice of lemon fresh



3 navel oranges peeled



0.8 cup olive oil



3 tablespoons orange juice fresh

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 bell pepper red sliced
- ☐ 10 ounce romaine lettuce
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 cup walnut halves toasted
- ☐ 0.3 cup citrus champagne vinegar

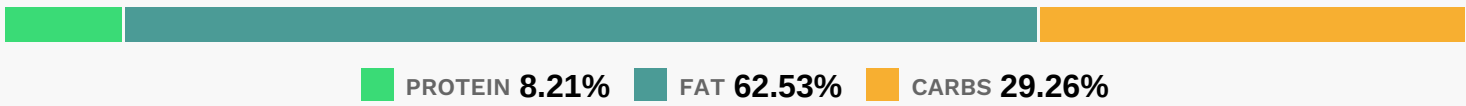
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 9 ingredients in large salad bowl.
- ☐ Layer lettuce and next 4 ingredients over dressing. (Cover and chill up to 12 hours, if desired.)
- ☐ Add walnuts, and toss before serving.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:21.225217207618%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 12.51mg, Hesperetin: 12.51mg, Hesperetin: 12.51mg, Hesperetin: 12.51mg Naringenin: 3.89mg, Naringenin: 3.89mg, Naringenin: 3.89mg, Naringenin: 3.89mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 187.46kcal (9.37%), Fat: 13.97g (21.5%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 10.81g (3.93%), Sugar: 8.57g (9.52%), Cholesterol: 0mg (0%), Sodium: 310.62mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin K: 128.82µg (122.69%), Vitamin A: 5386.85IU (107.74%), Vitamin C: 62.04mg (75.2%), Manganese: 0.8mg (40.07%), Folate: 129.26µg (32.32%), Copper: 0.33mg (16.51%), Fiber: 3.91g (15.62%), Magnesium: 55.76mg (13.94%), Vitamin B6: 0.26mg (12.83%), Potassium: 442.82mg (12.65%), Vitamin B1: 0.15mg (10.16%), Phosphorus: 96.9mg (9.69%), Vitamin E: 1.43mg (9.51%), Iron: 1.58mg (8.8%), Vitamin B2: 0.13mg (7.75%), Calcium: 76.27mg (7.63%), Zinc: 0.79mg (5.26%), Vitamin B5: 0.44mg (4.4%), Vitamin B3: 0.82mg (4.1%), Selenium: 1.22µg (1.74%)