



Hot and Sweet Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

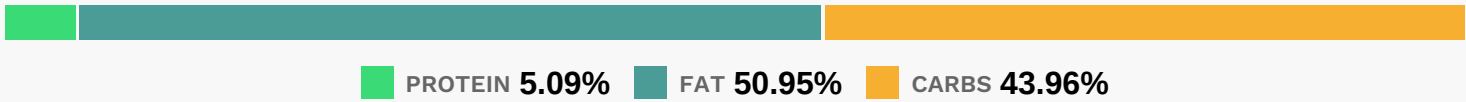
- ☐ 3 cups baby arugula
- ☐ 1 fresno chile pepper with seeds very thinly sliced
- ☐ 3 tablespoons evoo
- ☐ 4 sprigs tarragon fresh coarsely chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 navel oranges peeled sliced
- ☐ 0.5 small onion red very thinly sliced

Equipment

Directions

- ☐
- Put the arugula on a platter. Arrange the orange slices in overlapping layers over the arugula, allowing some of the leaves to peek through. Scatter the chile pepper, onions and tarragon on top.
- ☐
- Drizzle with the EVOO and sprinkle with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:12.593478197637%

Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 181.07kcal (9.05%), Fat: 11.02g (16.95%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.51g (6.37%), Sugar: 13.39g (14.87%), Cholesterol: 0mg (0%), Sodium: 202.25mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 103.17mg (125.06%), Vitamin K: 24.3µg (23.14%), Folate: 72.83µg (18.21%), Vitamin A: 893.13IU (17.86%), Fiber: 3.87g (15.48%), Manganese: 0.29mg (14.37%), Vitamin E: 1.87mg (12.45%), Vitamin B6: 0.24mg (12.16%), Potassium: 404.6mg (11.56%), Calcium: 111.94mg (11.19%), Magnesium: 33.36mg (8.34%), Vitamin B1: 0.12mg (8.08%), Vitamin B2: 0.12mg (7.32%), Iron: 1.25mg (6.96%), Phosphorus: 55.08mg (5.51%), Copper: 0.1mg (4.98%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.31mg (2.09%)