



Italian Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 green onions chopped
- 4 oranges seedless peeled
- 0.3 cup onion red finely chopped
- 0.5 head of romaine lettuce chopped
- 0.5 cup seven seas free red wine vinaigrette dressing fat free

Equipment

- bowl

Directions

- Toss oranges and onions in large salad bowl.
- Add dressing; mix lightly.
- Spoon lettuce mixture evenly onto 4 salad plates; top with the orange mixture.

Nutrition Facts



PROTEIN 7.7% **FAT 2.16%** **CARBS 90.14%**

Properties

Glycemic Index:29.13, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:8.9100001894909%

Flavonoids

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Nutrients (% of daily need)

Calories: 93.58kcal (4.68%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 14.19g (5.16%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 2.84mg (0.12%), Alcohol: 3.18g (100%), Alcohol %: 2.23% (100%), Protein: 1.52g (3.03%), Vitamin C: 71.7mg (86.91%), Vitamin K: 16.17µg (15.4%), Fiber: 3.54g (14.17%), Vitamin A: 660.22IU (13.2%), Folate: 50.1µg (12.52%), Potassium: 315.02mg (9%), Vitamin B1: 0.13mg (8.39%), Calcium: 62.58mg (6.26%), Vitamin B6: 0.11mg (5.7%), Manganese: 0.1mg (5.01%), Magnesium: 19.39mg (4.85%), Vitamin B2: 0.07mg (4.21%), Copper: 0.07mg (3.64%), Vitamin B5: 0.36mg (3.58%), Phosphorus: 31.41mg (3.14%), Vitamin B3: 0.49mg (2.45%), Iron: 0.41mg (2.29%), Vitamin E: 0.28mg (1.84%), Zinc: 0.18mg (1.21%), Selenium: 0.81µg (1.16%)