



Italian Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

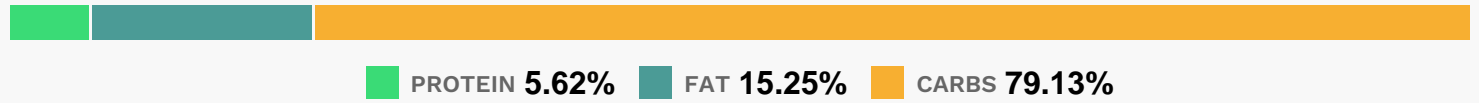
- 4 servings salt and fresh-ground pepper
- 1 tablespoons olive oil extra-virgin
- 40 oz oranges
- 8 romaine lettuce leaves rinsed (6 to 8 in. long)
- 4 servings sugar

Equipment

Directions

- Cut peel and white membrane from oranges and discard. Thinly slice fruit crosswise.
- Line salad plates with lettuce leaves and arrange orange slices on top.
- Sprinkle fruit with sugar.
- Drizzle olive oil over salads.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:19.7, Inflammation Score:-10, Nutrition Score:19.966521646665%

Flavonoids

Hesperetin: 77.25mg, Hesperetin: 77.25mg, Hesperetin: 77.25mg, Hesperetin: 77.25mg Naringenin: 43.43mg, Naringenin: 43.43mg, Naringenin: 43.43mg, Naringenin: 43.43mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 219.9kcal (11%), Fat: 4.05g (6.23%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 39.27g (14.28%), Sugar: 39.15g (43.5%), Cholesterol: 0mg (0%), Sodium: 198.46mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin C: 153.06mg (185.53%), Vitamin A: 5515.46IU (110.31%), Vitamin K: 59.51µg (56.67%), Folate: 161.21µg (40.3%), Fiber: 7.98g (31.92%), Vitamin B1: 0.29mg (19.13%), Potassium: 651.76mg (18.62%), Calcium: 132.15mg (13.22%), Vitamin B6: 0.21mg (10.58%), Magnesium: 36.19mg (9.05%), Vitamin B2: 0.15mg (9.01%), Manganese: 0.16mg (7.93%), Vitamin B5: 0.79mg (7.88%), Copper: 0.16mg (7.77%), Vitamin E: 1.09mg (7.25%), Phosphorus: 56.49mg (5.65%), Vitamin B3: 0.97mg (4.87%), Iron: 0.85mg (4.74%), Selenium: 1.71µg (2.45%), Zinc: 0.33mg (2.19%)