



## Jalapeño, Orange, and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



26 kcal

SIDE DISH

### Ingredients

- 20 servings garnish: cilantro sprigs
- 2 cucumbers peeled
- 1 small head iceberg lettuce chopped
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 4 cups to 5 oranges peeled
- 2 teaspoons paprika
- 0.5 cup onion red thinly sliced

0.5 teaspoon salt

## Equipment

bowl

## Directions

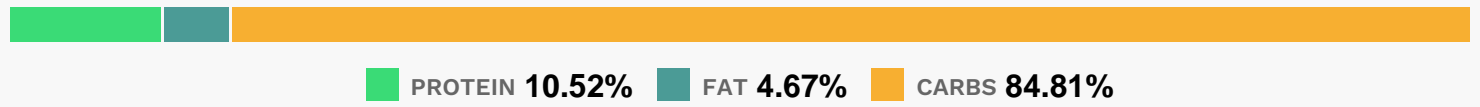
Cut cucumbers in half lengthwise; remove seeds, and cut into thin slices.

Combine cucumbers, oranges, and next 5 ingredients; toss gently. Cover and chill at least 1 hour or until ready to serve.

Pour orange mixture over lettuce in a large bowl; toss gently.

Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:9.77, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:3.4952173777249%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 9.94mg, Hesperetin: 9.94mg, Hesperetin: 9.94mg, Hesperetin: 9.94mg Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 25.55kcal (1.28%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.34g (4.83%), Cholesterol: 0mg (0%), Sodium: 60.75mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 22.17mg (26.87%), Vitamin K: 6.69µg (6.37%), Vitamin A: 297.56IU (5.95%), Fiber: 1.43g (5.74%), Folate: 20.96µg (5.24%), Potassium: 143.23mg (4.09%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.06mg (3.05%), Vitamin B6: 0.06mg (2.82%), Magnesium: 9.34mg (2.34%), Calcium: 23.29mg (2.33%), Copper: 0.05mg (2.28%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 16.81mg (1.68%), Vitamin E: 0.19mg (1.29%), Iron: 0.22mg (1.25%)