



Jane's Divine Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups tightly torn boston lettuce packed
- ☐ 1 cup cider vinegar
- ☐ 22 ounce mandarin oranges in syrup light drained canned
- ☐ 0.5 teaspoon poppy seeds
- ☐ 0.5 cup onion red separated thinly sliced
- ☐ 2 tablespoons onion red minced
- ☐ 4 cups tightly torn romaine lettuce packed
- ☐ 0.5 cup sugar

☐ 2 tablespoons vegetable oil

Equipment

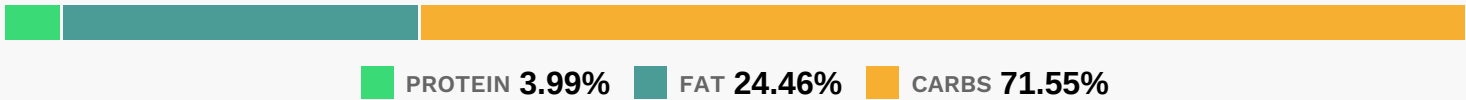
☐ bowl

☐ blender

Directions

- ☐ Combine the first 4 ingredients in a large bowl, and set salad aside.
- ☐ Combine vinegar, sugar, onion, vegetable oil, and poppy seeds in a blender, and process until smooth.
- ☐ Pour 1/2 cup dressing over salad, and toss well. Store the remaining dressing in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:20.58, Inflammation Score:-10, Nutrition Score:16.432173734126%

Flavonoids

Hesperetin: 9.9mg, Hesperetin: 9.9mg, Hesperetin: 9.9mg, Hesperetin: 9.9mg Naringenin: 12.5mg, Naringenin: 12.5mg, Naringenin: 12.5mg, Naringenin: 12.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 222.41kcal (11.12%), Fat: 6.24g (9.59%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 37.16g (13.51%), Sugar: 35.05g (38.95%), Cholesterol: 0mg (0%), Sodium: 10.97mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin A: 5449.63IU (108.99%), Vitamin K: 89.54µg (85.28%), Vitamin C: 37.77mg (45.78%), Folate: 104.34µg (26.09%), Manganese: 0.34mg (17.21%), Fiber: 3.87g (15.49%), Potassium: 461.79mg (13.19%), Vitamin B6: 0.18mg (9.13%), Vitamin B1: 0.13mg (8.93%), Calcium: 85.02mg (8.5%), Magnesium: 30.86mg (7.72%), Iron: 1.23mg (6.81%), Phosphorus: 61.66mg (6.17%), Vitamin B2: 0.1mg (6.14%), Vitamin E: 0.82mg (5.5%), Copper: 0.09mg (4.74%), Vitamin B5: 0.41mg (4.08%), Vitamin B3: 0.76mg (3.78%), Zinc: 0.33mg (2.22%), Selenium: 0.82µg (1.18%)