



Leafy Greens with Mandarin Oranges and Watercress



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 16 ounce mandarin oranges in syrup light canned
- ☐ 2 teaspoons olive oil
- ☐ 5 cups leaf lettuce green red coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup watercress trimmed

☐ 1.5 tablespoons citrus champagne vinegar

Equipment

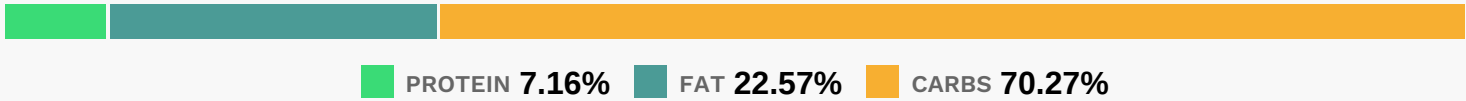
☐ bowl

☐ whisk

Directions

- ☐ Drain oranges, reserving 2 tablespoons syrup.
- ☐ Combine syrup, vinegar, and next 4 ingredients in a small bowl, stirring with a whisk.
- ☐ Combine lettuce, watercress, and oranges in a large bowl.
- ☐ Add dressing, and toss well.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:13.147826083328%

Flavonoids

Hesperetin: 9mg, Hesperetin: 9mg, Hesperetin: 9mg, Hesperetin: 9mg Naringenin: 11.36mg, Naringenin: 11.36mg, Naringenin: 11.36mg, Naringenin: 11.36mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 88.62kcal (4.43%), Fat: 2.43g (3.74%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 14.35g (5.22%), Sugar: 12.89g (14.32%), Cholesterol: 0mg (0%), Sodium: 164.2mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin A: 4376.07IU (87.52%), Vitamin K: 79.26µg (75.48%), Vitamin C: 38.1mg (46.18%), Fiber: 2.68g (10.74%), Manganese: 0.19mg (9.42%), Folate: 36.02µg (9%), Potassium: 306.68mg (8.76%), Vitamin B1: 0.1mg (7%), Vitamin B6: 0.14mg (7%), Calcium: 69.09mg (6.91%), Magnesium: 21.58mg (5.39%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.7mg (4.66%), Phosphorus: 41.38mg (4.14%), Copper: 0.07mg (3.44%), Iron: 0.62mg (3.43%), Vitamin B5: 0.33mg (3.32%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.17mg (1.15%)