



## Mandarin-Almond Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 11 oz mandarin orange segments drained canned
- 1 tablespoon parsley fresh minced
- 8 cups leaf lettuce green
- 0.1 teaspoon pepper
- 3 drops pepper sauce hot
- 0.5 small onion red thinly sliced
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt

- 0.5 cup slivered almonds
- 0.3 cup sugar
- 1 tablespoon sugar
- 0.3 cup vegetable oil

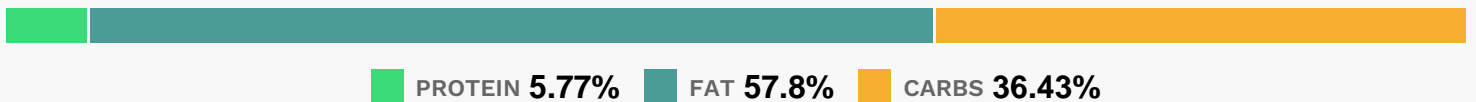
## Equipment

- sauce pan
- wax paper

## Directions

- Place almonds and 1/4 cup sugar in a small saucepan over medium heat. Cook, stirring constantly, 10 minutes or until sugar coats almonds and turns golden.
- Spread in a single layer on lightly greased wax paper; cool 20 minutes. Break into pieces, and set aside.
- Combine oil and next 6 ingredients in a jar with a lid. Tightly close lid, and shake well. Chill until ready to serve.
- Toss together lettuce, oranges, onion, and almonds. Shake dressing, and drizzle over salad just before serving.

## Nutrition Facts



## Properties

Glycemic Index:40.2, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:14.239565077035%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

## Nutrients (% of daily need)

Calories: 204.16kcal (10.21%), Fat: 13.72g (21.1%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 16.89g (6.14%), Sugar: 15.77g (17.52%), Cholesterol: 0mg (0%), Sodium: 224.39mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin A: 4293.77IU (85.88%), Vitamin K: 88.23µg (84.03%), Vitamin C: 24mg (29.09%), Vitamin E: 3.24mg (21.59%), Manganese: 0.35mg (17.37%), Fiber: 2.56g (10.25%), Vitamin B2: 0.16mg (9.57%), Magnesium: 37.81mg (9.45%), Potassium: 250.32mg (7.15%), Folate: 27.59µg (6.9%), Vitamin B1: 0.1mg (6.85%), Copper: 0.13mg (6.73%), Phosphorus: 66.49mg (6.65%), Iron: 0.99mg (5.47%), Calcium: 51.5mg (5.15%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.67mg (4.46%), Vitamin B3: 0.76mg (3.79%), Selenium: 0.98µg (1.39%), Vitamin B5: 0.12mg (1.22%)