



 **68%**  
HEALTH SCORE

## Mandarin Almond Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup almonds sliced
- 22 ounce mandarin orange segments drained canned
- 6 green onions thinly sliced
- 8 servings ground pepper black to taste
- 0.5 cup olive oil
- 0.1 teaspoon pepper flakes red crushed
- 0.3 cup red wine vinegar
- 1 head romaine lettuce dried rinsed chopped

1 tablespoon sugar white

## Equipment

bowl

sauce pan

## Directions

In a large bowl, combine the romaine lettuce, oranges and green onions.

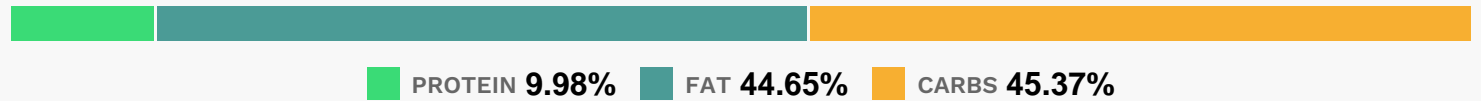
Heat 2 tablespoons sugar with the almonds in saucepan over medium heat. Cook and stir while sugar starts to melt and coat almonds. Stir constantly until almonds are light brown. Turn onto a plate, and cool for 10 minutes.

Combine red wine vinegar, olive oil, one tablespoon sugar, red pepper flakes and black pepper in a jar with a tight fitting lid. Shake vigorously until sugar is dissolved.

Before serving, toss lettuce with salad dressing until coated.

Transfer to a decorative serving bowl, and sprinkle with sugared almonds.

## Nutrition Facts



## Properties

Glycemic Index:18.01, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:16.914782736612%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 110.5kcal (5.53%), Fat: 5.86g (9.02%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 9.84g (3.58%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 12.85mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin A: 7938.03IU (158.76%), Vitamin K: 100.66µg (95.87%), Vitamin C: 31.29mg (37.93%), Folate: 118.63µg (29.66%), Vitamin E: 2.14mg (14.28%), Fiber: 3.57g (14.27%), Manganese: 0.28mg (14.19%), Potassium: 371.2mg (10.61%), Vitamin B1: 0.14mg (9.46%), Magnesium: 37.37mg (9.34%), Vitamin B2: 0.15mg (8.83%), Iron: 1.38mg (7.67%), Copper: 0.14mg (6.94%), Phosphorus: 63.89mg (6.39%), Calcium: 58.16mg (5.82%), Zinc: 0.81mg (5.42%), Vitamin B6: 0.11mg (5.29%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.15mg (1.47%), Selenium: 0.93µg (1.34%)