



Mandarin Mixed Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 4 teaspoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons apple cider vinegar white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash pepper

- ☐ 1 Dash hot sauce red
- ☐ 3 cups lettuce
- ☐ 3 cups the of 1 cos lettuce
- ☐ 1 cup celery stalks chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 11 oz mandarin orange segents drained canned

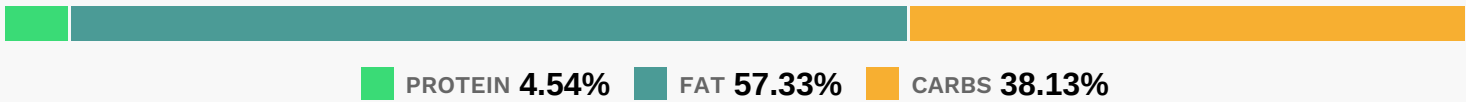
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, cook almonds and 4 teaspoons sugar over low heat about 10 minutes, stirring constantly, until sugar is melted and almonds are coated; cool and break apart.
- ☐ In tightly covered container, shake all dressing ingredients. Refrigerate until serving time.
- ☐ In large bowl, toss salad ingredients, dressing and almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.36, Glycemic Load:7.53, Inflammation Score:-9, Nutrition Score:10.829565284045%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.22mg, Naringenin: 5.22mg, Naringenin: 5.22mg, Naringenin: 5.22mg Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 169.07kcal (8.45%), Fat: 11.34g (17.44%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 14.28g (5.19%), Sugar: 13.62g (15.13%), Cholesterol: 0mg (0%), Sodium: 215.27mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 69.5µg (66.19%), Vitamin A: 2733.35IU (54.67%), Vitamin C: 17.62mg (21.36%), Folate: 60.76µg (15.19%), Vitamin E: 1.99mg (13.24%), Manganese: 0.23mg (11.31%), Fiber: 2.69g (10.75%), Potassium: 280.23mg (8.01%), Magnesium: 25.27mg (6.32%), Vitamin B2: 0.1mg (5.9%), Calcium: 53.48mg (5.35%), Vitamin B1: 0.07mg (4.99%), Phosphorus: 48.68mg (4.87%), Vitamin B6: 0.09mg (4.63%), Copper: 0.09mg (4.57%), Iron: 0.72mg (3.99%), Vitamin B3: 0.53mg (2.63%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.3mg (2.03%)