



Mandarin Orange-and-Almond Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

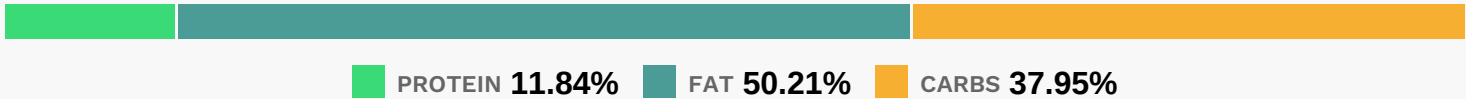
- ☐ 1 cup almonds sliced
- ☐ 22 ounce mandarin orange segents chilled drained canned
- ☐ 6 servings celery seed dressing
- ☐ 1 bunch lettuce green
- ☐ 1 bunch lettuce red

Equipment

Directions

- ☐ Tear lettuce into bite-size pieces.
- ☐ Add mandarin oranges and sliced almonds; toss gently.
- ☐ Add desired amount of dressing just before serving, gently tossing to coat.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:10.071739218805%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 132.25kcal (6.61%), Fat: 7.95g (12.22%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 10.23g (3.72%), Sugar: 9.25g (10.28%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Vitamin C: 35.43mg (42.95%), Vitamin A: 1389.3IU (27.79%), Vitamin E: 4.09mg (27.28%), Manganese: 0.43mg (21.34%), Magnesium: 57.28mg (14.32%), Fiber: 3.29g (13.14%), Vitamin B2: 0.21mg (12.36%), Copper: 0.21mg (10.72%), Phosphorus: 90.75mg (9.08%), Vitamin B1: 0.13mg (8.44%), Potassium: 268.4mg (7.67%), Zinc: 1.1mg (7.33%), Iron: 1.3mg (7.23%), Calcium: 71.51mg (7.15%), Vitamin B3: 1.05mg (5.25%), Vitamin B6: 0.07mg (3.75%), Folate: 12.17µg (3.04%), Selenium: 1.17µg (1.67%)