



Mandarin Orange, Gorgonzola and Almond Delight



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup blanched slivered almonds
- ☐ 1 cup gorgonzola cheese
- ☐ 1l juice of orange canned
- ☐ 12 ounces salad greens mixed
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons vegetable oil

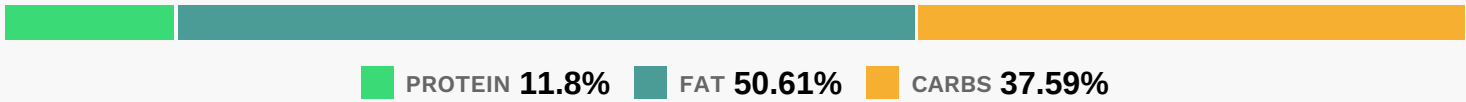
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a skillet over medium-high heat.
- ☐ Add almonds, and cook, stirring frequently, until lightly toasted.
- ☐ Remove from heat, and set aside.
- ☐ In a small bowl, whisk together 2 tablespoons reserved mandarin orange juice, oil, and vinegar.
- ☐ In a large salad bowl, toss together the toasted almonds, mandarin oranges, mixed salad greens, and Gorgonzola cheese. Just before serving, pour dressing on salad, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:7.91, Inflammation Score:-9, Nutrition Score:13.94173934667%

Flavonoids

Hesperetin: 12.81mg, Hesperetin: 12.81mg, Hesperetin: 12.81mg, Hesperetin: 12.81mg Naringenin: 16.17mg, Naringenin: 16.17mg, Naringenin: 16.17mg, Naringenin: 16.17mg

Nutrients (% of daily need)

Calories: 255.18kcal (12.76%), Fat: 15.21g (23.39%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 21.62g (7.86%), Sugar: 17.61g (19.57%), Cholesterol: 14.13mg (4.71%), Sodium: 236.66mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.95%), Vitamin C: 56.26mg (68.19%), Vitamin A: 1887.11IU (37.74%), Vitamin E: 2.88mg (19.19%), Calcium: 188.04mg (18.8%), Phosphorus: 170.95mg (17.1%), Manganese: 0.32mg (15.77%), Fiber: 3.8g (15.18%), Folate: 57.98µg (14.5%), Potassium: 474.81mg (13.57%), Magnesium: 54.25mg (13.56%), Vitamin B2: 0.22mg (13.08%), Vitamin B6: 0.21mg (10.64%), Copper: 0.2mg (9.83%), Vitamin B1: 0.13mg (8.88%), Vitamin K: 8.79µg (8.37%), Vitamin B5: 0.77mg (7.7%), Vitamin B3: 1.43mg (7.13%), Zinc: 1mg (6.68%), Iron: 0.98mg (5.42%), Selenium: 3.41µg (4.87%), Vitamin B12: 0.23µg (3.83%)