



## Mandarin Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup balsamic vinaigrette low-fat
- 11 ounce mandarin orange segments drained canned
- 5 ounce salad greens mixed
- 0.3 onion red sliced

### Equipment

- bowl

## Directions

Combine all ingredients in a large serving bowl; toss gently to coat.

## Nutrition Facts

    
 **PROTEIN 3.01%**  **FAT 66.76%**  **CARBS 30.23%**

## Properties

Glycemic Index:6.75, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:5.2347825466777%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 146.21kcal (7.31%), Fat: 10.88g (16.74%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.03g (3.65%), Sugar: 7.71g (8.56%), Cholesterol: 0mg (0%), Sodium: 278.89mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 35.16mg (42.62%), Vitamin A: 1425.55IU (28.51%), Vitamin B1: 0.08mg (5.49%), Potassium: 177.02mg (5.06%), Folate: 18.32µg (4.58%), Fiber: 1.05g (4.21%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.5mg (3.33%), Magnesium: 13.16mg (3.29%), Manganese: 0.06mg (3.05%), Vitamin B3: 0.55mg (2.75%), Copper: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.57%), Iron: 0.45mg (2.49%), Phosphorus: 24.39mg (2.44%), Calcium: 18.49mg (1.85%)