



Mandarin Salad Oriental

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 5 rib celery chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 green onions chopped
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 head iceberg lettuce
- ☐ 11 ounce mandarin oranges drained canned
- ☐ 0.3 teaspoon pepper

- ☐ 3 ounce oriental-flavored ramen noodle soup mix
- ☐ 0.5 head romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons sugar divided
- ☐ 0.5 cup vegetable oil
- ☐ 3 tablespoons vinegar white

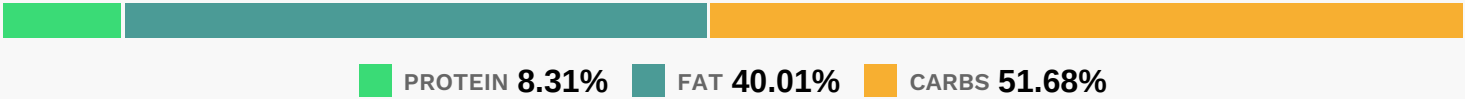
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Remove flavor packet from soup mix, and set aside. Crumble noodles.
- ☐ Bake noodles in a shallow pan at 350 for 10 minutes or until toasted, stirring after 5 minutes.
- ☐ Remove from oven, and cool.
- ☐ Cook sliced almonds and 3 tablespoons sugar in a small nonstick skillet over medium-low heat, stirring constantly, 5 to 6 minutes or until sugar is dissolved and almonds are evenly coated.
- ☐ Remove almond mixture from heat, and set aside.
- ☐ Whisk together reserved flavor packet, remaining 2 tablespoons sugar, oil, and next 5 ingredients.
- ☐ Toss together lettuces, celery, and onions in a bowl.
- ☐ Drizzle with dressing; toss.
- ☐ Add noodles, almond mixture, and oranges; toss.
- ☐ Serve immediately.
- ☐ Prep: 25 min.,
- ☐ Bake: 10 min., Cook: 6 min.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:8.59, Inflammation Score:-10, Nutrition Score:13.475217381249%

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: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 161.26kcal (8.06%), Fat: 7.47g (11.5%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.95g (6.89%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 373.42mg (16.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin A: 4164.94IU (83.3%), Vitamin K: 68.54µg (65.27%), Vitamin C: 17.05mg (20.67%), Folate: 82.39µg (20.6%), Manganese: 0.31mg (15.29%), Vitamin E: 2.05mg (13.65%), Vitamin B1: 0.2mg (13.32%), Fiber: 2.78g (11.11%), Vitamin B2: 0.14mg (8.51%), Magnesium: 31.19mg (7.8%), Potassium: 272.22mg (7.78%), Iron: 1.35mg (7.52%), Phosphorus: 64.97mg (6.5%), Copper: 0.13mg (6.31%), Vitamin B3: 1mg (5.02%), Calcium: 46.11mg (4.61%), Zinc: 0.64mg (4.25%), Vitamin B6: 0.08mg (4%), Selenium: 1.74µg (2.49%), Vitamin B5: 0.15mg (1.49%)