



Mesclun Meanies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground to taste
- ☐ 2 teaspoons grainy mustard
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 tablespoons maple syrup
- ☐ 5 oz baby greens mixed
- ☐ 0.3 cup olive oil
- ☐ 8 large thick-skinned oranges

- ☐ 0.5 cup pumpkin seeds toasted
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

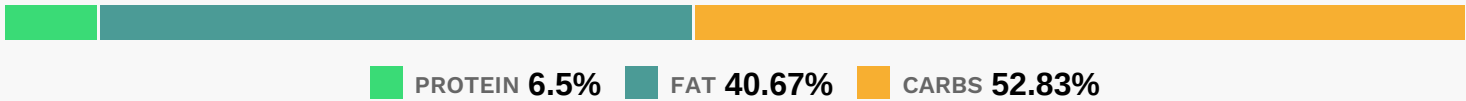
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Grate 1/4 tsp. zest from top of an orange. Slice 1/2-inch slice off top of oranges and carve out pulp; slice enough off bottom of oranges so they won't roll. Slice pulp of four oranges into half moons (1 1/2 cups); set aside. Juice rest of pulp (1/4 cup); set aside.
- ☐ Cut a jack-o'-lantern face on each orange.
- ☐ Whisk together reserved orange zest and juice with vinegar, maple syrup, mustard, lemon juice, ginger, pepper and salt.
- ☐ Whisk oil in until combined.
- ☐ Toss greens and reserved orange pieces with 2 to 3 Tbsp. dressing. Stuff orange shells with salad; top with pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:8.62, Inflammation Score:-8, Nutrition Score:12.03086955651%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 50.19mg, Hesperetin: 50.19mg, Hesperetin: 50.19mg, Hesperetin: 50.19mg Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 187.21kcal (9.36%), Fat: 8.99g (13.84%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 21.55g (7.84%), Sugar: 20.28g (22.54%), Cholesterol: 0mg (0%), Sodium: 92.38mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin C: 102.23mg (123.91%), Manganese: 0.41mg (20.52%), Fiber: 4.74g (18.98%), Folate: 64.25µg (16.06%), Vitamin A: 617.39IU (12.35%), Vitamin B1: 0.18mg (12.15%), Potassium: 413.75mg (11.82%), Magnesium: 46.23mg (11.56%), Vitamin E: 1.4mg (9.31%), Vitamin B2: 0.15mg (9.01%), Calcium: 84.96mg (8.5%), Phosphorus: 84.08mg (8.41%), Copper: 0.15mg (7.43%), Vitamin B6: 0.13mg (6.6%), Vitamin B5: 0.52mg (5.17%), Vitamin K: 4.54µg (4.32%), Iron: 0.76mg (4.22%), Vitamin B3: 0.83mg (4.17%), Zinc: 0.53mg (3.51%), Selenium: 1.83µg (2.62%)