



Mimosa Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups champagne
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 5 ounce salad greens mixed
- ☐ 3 cups navel orange sections fresh
- ☐ 2 cups orange juice fresh divided
- ☐ 3 cups strawberries fresh sliced
- ☐ 0.5 cup sugar

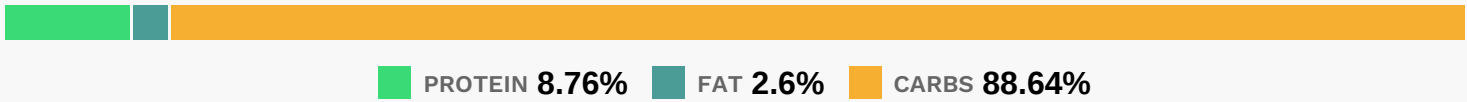
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Arrange orange sections in a lightly oiled 8- to 10-cup ring mold; set aside.
- ☐ Sprinkle gelatin over 1/2 cup orange juice in a large bowl; stir and let stand 1 minute.
- ☐ Bring remaining 1 1/2 cups orange juice and sugar to a boil in a small saucepan, stirring constantly; stir into gelatin mixture. Stir in champagne. Chill until consistency of unbeaten egg white; pour over orange sections in mold. Cover and chill 8 hours.
- ☐ Unmold onto a serving plate lined with mixed salad greens.
- ☐ Place strawberries in the center of the mold.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:10.63, Inflammation Score:-6, Nutrition Score:7.1886958168901%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 17.2mg, Hesperetin: 17.2mg, Hesperetin: 17.2mg, Hesperetin: 17.2mg Naringenin: 7.87mg, Naringenin: 7.87mg, Naringenin: 7.87mg, Naringenin: 7.87mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 108.43kcal (5.42%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 19.63g (7.14%), Sugar: 18.21g (20.23%), Cholesterol: 0mg (0%), Sodium: 8.97mg (0.39%), Alcohol: 2.52g (100%), Alcohol %: 1.74% (100%), Protein: 2.13g (4.25%), Vitamin C: 68.52mg (83.05%), Folate: 39.65µg (9.91%), Manganese: 0.17mg (8.75%), Potassium: 274.48mg (7.84%), Fiber: 1.88g (7.53%), Vitamin A: 322.42IU (6.45%), Vitamin B1: 0.09mg (5.92%), Magnesium: 19.22mg (4.8%), Copper: 0.09mg (4.59%), Vitamin B6: 0.08mg (3.89%), Calcium: 34.11mg (3.41%), Phosphorus: 32.93mg (3.29%), Vitamin B2: 0.05mg (3.08%), Iron: 0.52mg (2.91%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.25mg (2.52%), Selenium: 1.05µg (1.5%), Vitamin E: 0.2mg (1.35%), Zinc: 0.16mg (1.08%)