



WHATSheATE



Mixed Baby Greens Salad with Mandarin Oranges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 can mandarin orange segents drained
- ☐ 0.3 european cucumber english seedless thinly sliced
- ☐ 1 bag baby greens mixed
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sesame oil toasted
- ☐ 4 servings sesame seed for garnish, 2 tablespoons
- ☐ 2 teaspoons sugar

- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons white vinegar

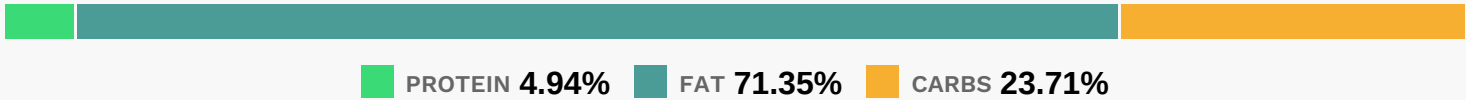
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine greens, oranges and cucumber in a salad bowl. In a small bowl, combine vinegar and sugar.
- ☐ Whisk in vegetable oil and sesame oil.
- ☐ Pour dressing over salad.
- ☐ Add sesame seeds, salt and pepper and toss.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:8.9886955955754%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.31kcal (9.27%), Fat: 15.25g (23.46%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 9.59g (3.49%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 12.04mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin C: 28.3mg (34.3%), Vitamin A: 1164.27IU (23.29%), Vitamin K: 22.13µg (21.08%), Copper: 0.38mg (18.8%), Manganese: 0.27mg (13.56%), Magnesium: 40.78mg (10.19%), Calcium: 93.15mg (9.32%), Vitamin B1: 0.13mg (8.79%), Iron: 1.58mg (8.78%), Phosphorus: 73.36mg (7.34%), Fiber: 1.81g (7.24%), Zinc: 1.05mg (7%), Vitamin E: 0.97mg (6.46%), Vitamin B6: 0.12mg (6.04%), Potassium: 200.64mg (5.73%), Folate: 22.84µg (5.71%), Selenium: 3.23µg (4.61%), Vitamin B3: 0.82mg (4.08%), Vitamin B2: 0.06mg (3.54%)