



Mixed Citrus Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 10 ounce salad greens mixed
- ☐ 8 ounce pineapple chunks drained
- ☐ 7 tablespoons orange-poppy seed dressing
- ☐ 8 ounce grapefruit red drained
- ☐ 1 cup grapes red seedless halved
- ☐ 21 walnut halves toasted

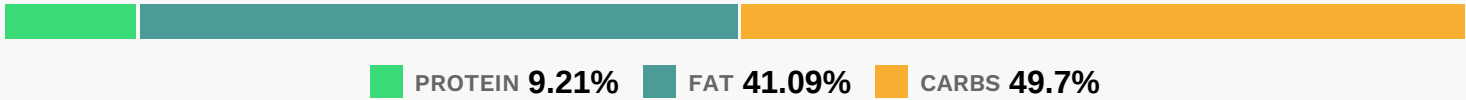
Equipment

☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl. Arrange 2 cups salad on each of 7 plates; drizzle with 1 tablespoon Orange–Poppy Seed Dressing (reserve remaining dressing for another use). Top each serving with 3 walnut halves.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:11.989130507345%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 10.58mg, Naringenin: 10.58mg, Naringenin: 10.58mg, Naringenin: 10.58mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 157.83kcal (7.89%), Fat: 7.81g (12.02%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 17.44g (6.34%), Sugar: 14.3g (15.89%), Cholesterol: 0mg (0%), Sodium: 15.97mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin C: 38.51mg (46.68%), Manganese: 0.89mg (44.52%), Vitamin A: 1448.79IU (28.98%), Copper: 0.35mg (17.64%), Calcium: 160.38mg (16.04%), Fiber: 3.83g (15.3%), Magnesium: 59.35mg (14.84%), Vitamin B1: 0.21mg (14.04%), Phosphorus: 132.17mg (13.22%), Potassium: 346.53mg (9.9%), Folate: 36.74µg (9.18%), Iron: 1.62mg (9.02%), Zinc: 1.29mg (8.58%), Vitamin B6: 0.17mg (8.3%), Vitamin B2: 0.08mg (4.94%), Vitamin B3: 0.77mg (3.84%), Vitamin K: 3.54µg (3.37%), Selenium: 2.03µg (2.9%), Vitamin E: 0.36mg (2.38%), Vitamin B5: 0.21mg (2.08%)