



Mixed Fruit and Spring Greens with White Chocolate-Orange Vinaigrette



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pint blueberries
- ☐ 15 ounce mandarin orange segents canned
- ☐ 5 ounces pre-washed spring greens
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup reserved mandarin orange juice
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries fresh quartered

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup chocolate chips white
- ☐ 0.3 cup champagne wine vinegar

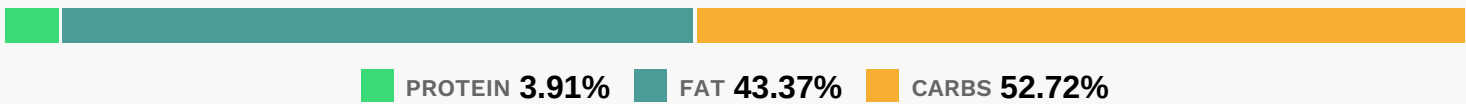
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Drain Mandarin oranges and reserve juice. In a large bowl, combine salad greens and fruit. Set aside.
- ☐ To make the dressing, in a small saucepan over medium-low heat, combine vinegar, 1/3 cup reserved Mandarin juice, salt, and sugar. Gently heat until sugar is dissolved.
- ☐ Remove from heat. Stir in white chocolate until melted. Set aside to cool. Do not refrigerate, as white chocolate will set.
- ☐ Before serving, slowly whisk in olive oil. Spoon desired amount over salad and toss.
- ☐ Serve remaining dressing on side.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:14.43, Inflammation Score:-9, Nutrition Score:13.990000092465%

Flavonoids

Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg Petunidin: 18.73mg, Petunidin: 18.73mg, Petunidin: 18.73mg, Petunidin: 18.73mg Delphinidin: 21.18mg, Delphinidin: 21.18mg, Delphinidin: 21.18mg, Delphinidin: 21.18mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg Catechin: 5.37mg, Catechin: 5.37mg, Catechin: 5.37mg, Catechin: 5.37mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epicatechin 3-gallate:

0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 291.52kcal (14.58%), Fat: 14.65g (22.54%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 35.88g (13.05%), Sugar: 32.54g (36.16%), Cholesterol: 2.36mg (0.79%), Sodium: 172.98mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 102.8mg (124.6%), Vitamin A: 1882.65IU (37.65%), Manganese: 0.54mg (27%), Vitamin K: 20.36µg (19.4%), Fiber: 4.2g (16.8%), Vitamin E: 2.33mg (15.56%), Potassium: 440.83mg (12.6%), Folate: 46.24µg (11.56%), Vitamin B1: 0.17mg (11.27%), Magnesium: 32.73mg (8.18%), Vitamin B6: 0.15mg (7.66%), Vitamin B2: 0.13mg (7.64%), Phosphorus: 74.4mg (7.44%), Copper: 0.15mg (7.37%), Vitamin B3: 1.36mg (6.8%), Iron: 1.17mg (6.5%), Zinc: 0.93mg (6.22%), Calcium: 58.24mg (5.82%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.48µg (2.11%), Vitamin B12: 0.06µg (1.05%)