



Mixed Greens Salad with Honey-Orange Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups bagged baby spinach leaves
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon dijon mustard
- 1 tablespoon honey
- 3 tablespoons orange juice fresh
- 4 cups torn radicchio
- 4 cups romaine lettuce chopped

- 0.3 teaspoon salt
- 2 teaspoons shallots minced
- 2 teaspoons citrus champagne vinegar

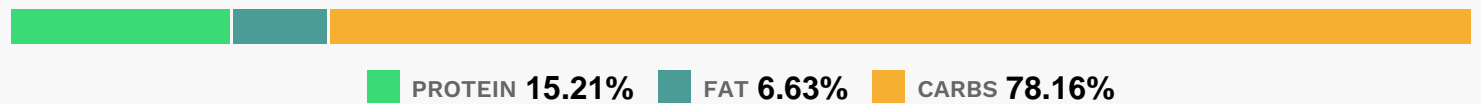
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a large bowl, stirring with a whisk.
- Add lettuce, radicchio, and spinach; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:10.597391304762%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 7.69mg, Luteolin: 7.69mg, Luteolin: 7.69mg, Luteolin: 7.69mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 22.98kcal (1.15%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 91.62mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 129.54µg (123.37%), Vitamin A: 3120.5IU (62.41%), Folate: 67.95µg (16.99%), Vitamin C: 8.95mg (10.85%), Manganese: 0.18mg (8.97%), Potassium: 198.81mg (5.68%), Copper: 0.1mg (4.98%), Vitamin E: 0.72mg (4.77%), Magnesium: 15.94mg (3.99%), Fiber: 0.98g (3.94%), Iron: 0.69mg (3.85%), Vitamin B6: 0.06mg (2.8%), Vitamin B2: 0.05mg (2.7%), Calcium: 24.33mg (2.43%), Vitamin B1: 0.04mg (2.37%), Phosphorus: 22.59mg (2.26%), Zinc: 0.25mg (1.68%), Vitamin B3: 0.24mg (1.19%), Vitamin B5:

0.11mg (1.12%)