



Mixed Greens with Mandarin Oranges and Walnuts

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- 0.5 cucumber sliced
- 0.3 cup gorgonzola cheese crumbled
- 5 ounce hearts of palm sliced canned
- 4 juice of orange drained canned
- 5.5 ounce greens mixed
- 0.3 cup olive oil vinaigrette (recommended: Newman's Own)
- 0.3 cup walnuts chopped

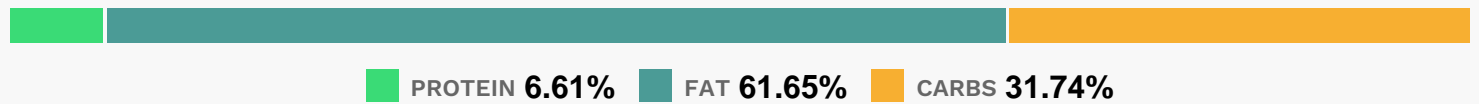
Equipment

- bowl
- whisk

Directions

- Measure 1/4 cup of reserved mandarin juice. In a small bowl, whisk together juice and vinaigrette; set aside.
- In large bowl, toss together salad mix, hearts of palm, and mandarin segments with mandarin dressing.
- Transfer salad to serving platter and top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.48, Inflammation Score:-8, Nutrition Score:12.770000052841%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 290.22kcal (14.51%), Fat: 20.73g (31.89%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.14g (7.69%), Sugar: 16.15g (17.95%), Cholesterol: 5.3mg (1.77%), Sodium: 99.24mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 36.67mg (44.45%), Potassium: 954.58mg (27.27%), Vitamin A: 1148.55IU (22.97%), Vitamin B6: 0.46mg (22.85%), Copper: 0.43mg (21.52%), Manganese: 0.37mg (18.46%), Vitamin E: 2.38mg (15.85%), Phosphorus: 142.92mg (14.29%), Folate: 51.97µg (12.99%), Zinc: 1.94mg (12.95%), Fiber: 2.87g (11.47%), Vitamin K: 11.19µg (10.66%), Vitamin B2: 0.16mg (9.55%), Calcium: 93.85mg (9.38%), Magnesium: 36.07mg (9.02%), Vitamin B1: 0.12mg (7.94%), Iron: 1.37mg (7.61%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.49mg (4.91%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.09µg (1.44%)