



Orange Almond Mixed Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 3 tablespoons canola oil
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 tablespoon juice of lemon
- ☐ 1 head lettuce red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted

☐ 2 tablespoons sugar white

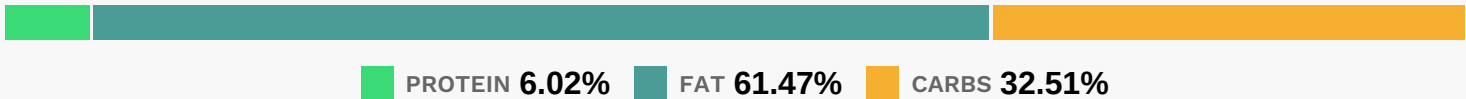
Equipment

☐ mixing bowl

Directions

- ☐ Combine canola oil, vinegar, sugar, lemon juice, salt, and dry mustard in a jar with a lid. Shake until ingredients combine into a dressing.
- ☐ Toss lettuce, oranges, and almonds together in a large mixing bowl.
- ☐ Drizzle dressing over the salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:16.624347800794%

Flavonoids

Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 199.6kcal (9.98%), Fat: 14.19g (21.83%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.37g (5.23%), Sugar: 13.2g (14.66%), Cholesterol: 0mg (0%), Sodium: 315.29mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Vitamin A: 6810.79IU (136.22%), Vitamin K: 115.65µg (110.14%), Vitamin C: 30.83mg (37.37%), Vitamin E: 3.82mg (25.44%), Manganese: 0.33mg (16.27%), Fiber: 2.52g (10.07%), Vitamin B2: 0.16mg (9.59%), Magnesium: 37.83mg (9.46%), Vitamin B1: 0.13mg (8.99%), Folate: 35.83µg (8.96%), Potassium: 311.68mg (8.91%), Iron: 1.49mg (8.26%), Phosphorus: 66.24mg (6.62%), Copper: 0.13mg (6.37%), Vitamin B6: 0.12mg (6.14%), Calcium: 55.03mg (5.5%), Zinc: 0.8mg (5.34%), Vitamin B3: 0.85mg (4.27%),

Selenium: 2.31µg (3.3%), Vitamin B5: 0.15mg (1.5%)