



Orange-Almond Salad in Lettuce Cups



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon dijon mustard
- ☐ 12 boston lettuce leaves
- ☐ 2 medium cranberry-orange relish divided peeled cut into thirds
- ☐ 0.3 cup almonds smoked chopped

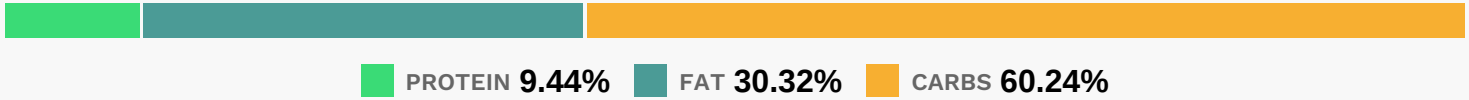
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix orange juice, honey and mustard with fork.
- ☐ On each of 4 salad plates, arrange 3 lettuce leaves. Fill lettuce leaves with orange pieces and almonds.
- ☐ Drizzle with orange juice mixture.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:8.03, Inflammation Score:-8, Nutrition Score:11.805217354194%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 19.7mg, Hesperetin: 19.7mg, Hesperetin: 19.7mg, Hesperetin: 19.7mg Naringenin: 10.4mg, Naringenin: 10.4mg, Naringenin: 10.4mg, Naringenin: 10.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 127.66kcal (6.38%), Fat: 4.69g (7.21%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 17.7g (6.44%), Sugar: 16.87g (18.74%), Cholesterol: 0mg (0%), Sodium: 9.79mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin C: 44.32mg (53.72%), Vitamin K: 46.06µg (43.87%), Vitamin A: 1669.31IU (33.39%), Vitamin E: 2.5mg (16.64%), Manganese: 0.31mg (15.72%), Folate: 61.34µg (15.33%), Fiber: 3.26g (13.05%), Vitamin B2: 0.17mg (9.71%), Magnesium: 38.75mg (9.69%), Potassium: 328.56mg (9.39%), Vitamin B1: 0.12mg (7.74%), Phosphorus: 70.74mg (7.07%), Copper: 0.14mg (6.99%), Calcium: 68.72mg (6.87%), Iron: 1.04mg (5.78%), Vitamin B6: 0.1mg (4.88%), Vitamin B3: 0.75mg (3.74%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.45mg (3%), Selenium: 1.28µg (1.82%)