



Orange and Olive Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 4 cups torn bibb lettuce
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup fennel bulb sliced
- ☐ 1.5 teaspoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 ounce oil-cured olives halved
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup orange sections fresh

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0.1 teaspoon salt

Equipment

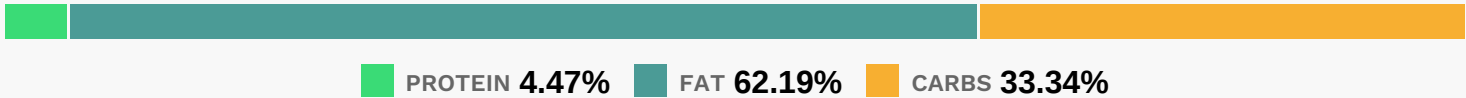
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bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Add remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:9.274782528048%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 12.81mg, Hesperetin: 12.81mg, Hesperetin: 12.81mg, Hesperetin: 12.81mg Naringenin: 6.95mg, Naringenin: 6.95mg, Naringenin: 6.95mg, Naringenin: 6.95mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 112.3kcal (5.61%), Fat: 8.28g (12.74%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.74g (2.82%), Sugar: 7.39g (8.22%), Cholesterol: 0mg (0%), Sodium: 191.7mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin K: 62.5µg (59.52%), Vitamin A: 1800.58IU (36.01%), Vitamin C: 28.56mg (34.62%), Folate: 53.97µg (13.49%), Vitamin E: 1.52mg (10.13%), Fiber: 2.25g (9%), Potassium: 255.42mg (7.3%), Manganese: 0.14mg (7.01%), Vitamin B1: 0.07mg (4.75%), Iron: 0.85mg (4.69%), Calcium: 45.57mg (4.56%), Vitamin B6: 0.08mg (3.9%), Magnesium: 14.12mg (3.53%), Vitamin B2: 0.05mg (3.22%), Phosphorus: 29.12mg (2.91%), Copper: 0.05mg (2.36%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.4mg (2%), Zinc: 0.17mg (1.1%)