



Orange and Olive Salad (S'lata Botukan wa Zaytoon)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cilantro leaves fresh finely chopped
- 0.5 cup olive green pitted halved (such as picholine or cerignola)
- 0.3 teaspoon kosher salt
- 2.5 tablespoons juice of lemon fresh
- 1.5 tablespoons olive oil
- 1 teaspoon orange-flower water

- 4 cranberry-orange relish peeled
- 1 Dash sugar

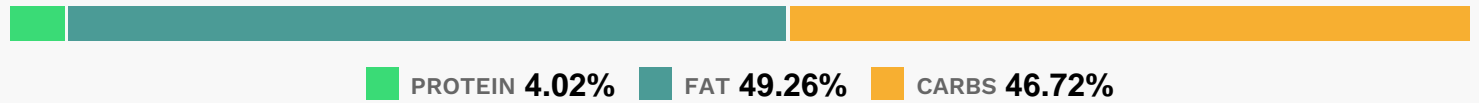
Equipment

- bowl
- whisk

Directions

- Cut each orange crosswise into 5 slices.
- Place orange slices in a bowl; toss with olives and cilantro.
- Sprinkle with salt and pepper.
- Combine juice, oil, orange-flower water, and sugar; stir with a whisk.
- Pour over salad; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:29.43, Glycemic Load:3.62, Inflammation Score:-5, Nutrition Score:5.5900000774342%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 24.7mg, Hesperetin: 24.7mg, Hesperetin: 24.7mg, Hesperetin: 24.7mg Naringenin: 13.47mg, Naringenin: 13.47mg, Naringenin: 13.47mg, Naringenin: 13.47mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 90.68kcal (4.53%), Fat: 5.35g (8.23%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.89g (3.23%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 272.85mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin C: 49.06mg (59.47%), Fiber: 2.53g (10.1%), Vitamin E: 1.12mg (7.44%), Folate: 28.22µg (7.05%), Vitamin A: 286.53IU (5.73%), Vitamin B1: 0.08mg (5.36%), Potassium: 173.88mg (4.97%), Vitamin K: 4.47µg (4.25%), Calcium: 42.07mg (4.21%), Vitamin B6: 0.06mg (3%), Copper: 0.06mg (2.82%), Magnesium: 10.66mg (2.67%), Vitamin B5: 0.23mg (2.34%), Vitamin B2: 0.04mg (2.23%),

Manganese: 0.04mg (1.82%), Vitamin B3: 0.29mg (1.43%), Phosphorus: 13.63mg (1.36%), Iron: 0.19mg (1.04%)