



Orange and Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon olive oil extra-virgin



30 oz oranges



5 oz onion white



2 tablespoons citrus champagne vinegar

Equipment

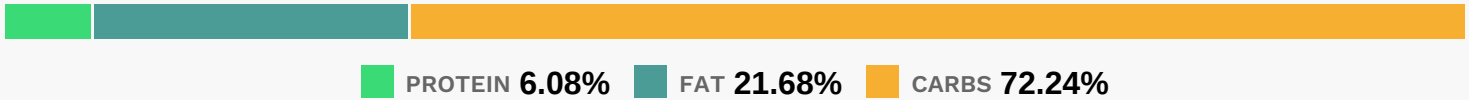


knife

Directions

- ☐ With a small, sharp knife, cut top and bottom off 3 oranges (10 oz. each), cutting deeply enough to reveal flesh. Set orange, with one cut end down, on board. Slice down sides of oranges to remove white pith and to reveal flesh; discard peels. Thinly slice orange flesh crosswise into rounds. Arrange orange slices on a platter. Peel 1 white onion (5 oz.); cut half into thin rounds. Separate rounds into rings and rinse and drain; distribute evenly over oranges. (Reserve remaining onion half for another use.)
- ☐ Mix 2 tablespoons white wine vinegar and 1 tablespoon extra-virgin olive oil.
- ☐ Drizzle evenly over onions; sprinkle with salt and fresh-ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:9.23, Inflammation Score:-8, Nutrition Score:10.54521737928%

Flavonoids

Hesperetin: 57.94mg, Hesperetin: 57.94mg, Hesperetin: 57.94mg, Hesperetin: 57.94mg Naringenin: 32.57mg, Naringenin: 32.57mg, Naringenin: 32.57mg, Naringenin: 32.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 146.47kcal (7.32%), Fat: 3.79g (5.83%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 22.71g (8.26%), Sugar: 21.38g (23.76%), Cholesterol: 0mg (0%), Sodium: 2.09mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 115.77mg (140.33%), Fiber: 5.71g (22.82%), Folate: 70.52µg (17.63%), Vitamin B1: 0.2mg (13.42%), Potassium: 439.54mg (12.56%), Vitamin A: 479.11IU (9.58%), Calcium: 93.68mg (9.37%), Vitamin B6: 0.17mg (8.5%), Magnesium: 25.11mg (6.28%), Vitamin E: 0.89mg (5.96%), Vitamin B5: 0.58mg (5.75%), Vitamin B2: 0.09mg (5.57%), Copper: 0.11mg (5.51%), Manganese: 0.1mg (5.12%), Phosphorus: 40.64mg (4.06%), Vitamin B3: 0.64mg (3.2%), Vitamin K: 2.25µg (2.14%), Iron: 0.34mg (1.89%), Selenium: 1.24µg (1.77%), Zinc: 0.21mg (1.41%)