



Orange and Red Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon ground pepper
- 0.3 teaspoon ground coriander
- 5 navel oranges
- 1 small onion red cut into thin rings
- 0.5 teaspoon salt

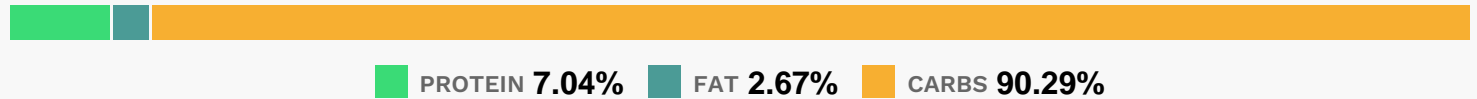
Equipment

- bowl
- knife

Directions

- Stir together salt, coriander and cayenne in a small bowl.
- Peel oranges and remove as much bitter white pith as possible with a small, sharp knife. Slice crosswise into 1/2-inch thick slices. Arrange on a large serving platter and sprinkle with spice mixture. (Salad may be prepared to this point and stored, covered, at cool room temperature for up to 3 hours.) Top with red onions and serve.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:5.329130427345%

Flavonoids

Hesperetin: 19.14mg, Hesperetin: 19.14mg, Hesperetin: 19.14mg, Hesperetin: 19.14mg Naringenin: 6.21mg, Naringenin: 6.21mg, Naringenin: 6.21mg, Naringenin: 6.21mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 48.66kcal (2.43%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.12g (3.68%), Sugar: 8.02g (8.92%), Cholesterol: 0mg (0%), Sodium: 146.8mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 52.77mg (63.96%), Fiber: 2.19g (8.77%), Folate: 32.4µg (8.1%), Potassium: 166.78mg (4.77%), Vitamin A: 229.4IU (4.59%), Vitamin B1: 0.07mg (4.41%), Vitamin B6: 0.09mg (4.32%), Calcium: 41.37mg (4.14%), Vitamin B2: 0.05mg (2.87%), Magnesium: 11.26mg (2.81%), Phosphorus: 24.46mg (2.45%), Vitamin B5: 0.25mg (2.45%), Manganese: 0.05mg (2.26%), Copper: 0.04mg (2.02%), Vitamin B3: 0.39mg (1.96%)