



Orange And Romaine With Curry Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons curry powder
- 3 tablespoons honey
- 1 tablespoon olive oil
- 2 large oranges peeled
- 1.3 cups onion red sliced
- 0.3 teaspoon pepper flakes red crushed
- 3 cups torn romaine lettuce
- 0.3 teaspoon salt

0.3 cup balsamic vinegar white

Equipment

bowl

whisk

Directions

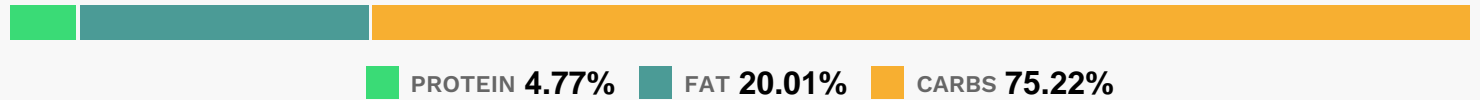
Combine first 6 ingredients in a small bowl; stir well with a whisk. Set aside.

Arrange 3/4 cup lettuce on each of 4 salad plates; top evenly with sliced onion and orange slices.

Drizzle 2 tablespoons dressing over each salad.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:12.84, Inflammation Score:-10, Nutrition Score:12.763912952465%

Flavonoids

Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 164.87kcal (8.24%), Fat: 3.89g (5.98%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 28.75g (10.46%), Sugar: 26.48g (29.43%), Cholesterol: 0mg (0%), Sodium: 156.97mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin A: 3322.73IU (66.45%), Vitamin C: 54.22mg (65.72%), Vitamin K: 39.32µg (37.45%), Folate: 86.54µg (21.64%), Fiber: 4.12g (16.49%), Manganese: 0.21mg (10.51%), Potassium: 366.7mg (10.48%), Vitamin B1: 0.13mg (8.71%), Vitamin B6: 0.16mg (7.82%), Calcium: 69.3mg (6.93%), Vitamin E: 0.94mg (6.25%), Magnesium: 23.46mg (5.86%), Iron: 0.98mg (5.47%), Vitamin B2: 0.08mg (4.89%), Copper: 0.1mg (4.76%), Phosphorus: 44.61mg (4.46%), Vitamin B5: 0.35mg (3.53%), Vitamin B3:

0.49mg (2.44%), Zinc: 0.31mg (2.09%), Selenium: 1.13µg (1.62%)