



Orange-Avocado Mixed Greens Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados sliced
- 22 oz mandarin orange segments drained canned
- 0.7 cup 2/3 cup kraft lite zesty italian dressing italian kraft
- 0.5 cup onion red thin
- 16 cups torn salad greens mixed loosely packed

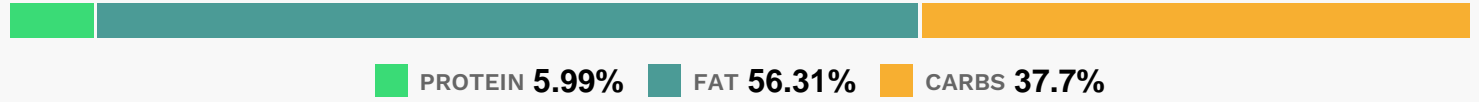
Equipment

- bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:9.8230435848236%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 139.06kcal (6.95%), Fat: 9.29g (14.3%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 10.42g (3.79%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 178.46mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin C: 40.67mg (49.29%), Vitamin A: 1609.81IU (32.2%), Vitamin K: 17.25µg (16.43%), Folate: 60.88µg (15.22%), Fiber: 3.58g (14.31%), Potassium: 414.71mg (11.85%), Vitamin B6: 0.2mg (10.05%), Vitamin E: 1.27mg (8.47%), Manganese: 0.17mg (8.32%), Vitamin B1: 0.11mg (7.19%), Copper: 0.14mg (7%), Magnesium: 27.14mg (6.79%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.64mg (6.45%), Vitamin B2: 0.11mg (6.22%), Phosphorus: 57.39mg (5.74%), Zinc: 0.75mg (4.98%), Iron: 0.85mg (4.72%), Calcium: 24.5mg (2.45%), Selenium: 1.02µg (1.46%)