



Orange & coconut salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

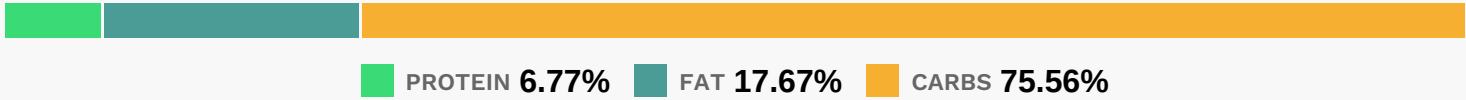
- ☐ 2 large cranberry-orange relish
- ☐ 3 tbsp coconut or toasted
- ☐ 1 tbsp parsley chopped
- ☐ 0.5 onion red sliced
- ☐ 1 juice of lime

Equipment

Directions

- ☐ Cut away the peel and pith from the oranges, then thinly slice the flesh.
- ☐ Mix with coconut, parsley, red onion and lime juice.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:2.66, Inflammation Score:-4, Nutrition Score:4.3947826727577%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 17.16mg, Hesperetin: 17.16mg, Hesperetin: 17.16mg, Hesperetin: 17.16mg Naringenin: 9.42mg, Naringenin: 9.42mg, Naringenin: 9.42mg, Naringenin: 9.42mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 42.82kcal (2.14%), Fat: 0.93g (1.43%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.04g (2.56%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 1.32mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 35.73mg (43.31%), Vitamin K: 10.46µg (9.96%), Fiber: 1.89g (7.57%), Folate: 22.25µg (5.56%), Potassium: 142.66mg (4.08%), Vitamin B1: 0.06mg (4.07%), Vitamin A: 194.04IU (3.88%), Manganese: 0.07mg (3.33%), Calcium: 28.57mg (2.86%), Vitamin B6: 0.05mg (2.58%), Copper: 0.04mg (2.22%), Magnesium: 8.57mg (2.14%), Vitamin B5: 0.18mg (1.81%), Vitamin B2: 0.03mg (1.7%), Phosphorus: 15.14mg (1.51%), Vitamin B3: 0.21mg (1.06%), Iron: 0.19mg (1.03%)