



Orange, Onion, and Olive Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 garlic clove crushed
- ☐ 4 slices navel oranges peeled thin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup olives ripe sliced
- ☐ 0.5 cup onion thinly sliced
- ☐ 2 tablespoons orange juice

- ☐ 6 ounce tuna in water white chunk drained canned
- ☐ 2 tablespoons citrus champagne vinegar

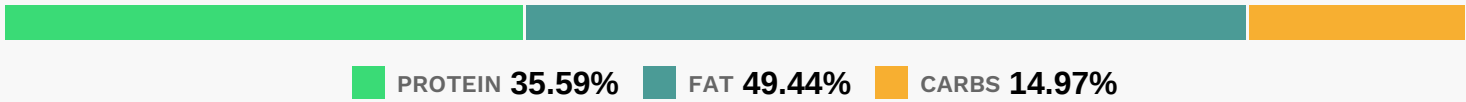
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Arrange orange slices and onion slices on a serving platter, and top with tuna and olive slices.
- ☐ Combine the vinegar and remaining ingredients in a small bowl, and stir with a whisk until well-blended.
- ☐ Drizzle vinegar mixture over salad.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:4.4434782784918%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 64.63kcal (3.23%), Fat: 3.51g (5.4%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.14g (1.26%), Cholesterol: 10.21mg (3.4%), Sodium: 151.79mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Selenium: 19.43µg (27.75%), Vitamin B3: 2.88mg (14.39%), Vitamin B12: 0.73µg (12.14%), Vitamin B6: 0.12mg (5.93%), Vitamin C: 4.4mg (5.34%), Phosphorus: 45.75mg (4.58%), Vitamin E: 0.67mg (4.46%), Iron: 0.65mg (3.6%), Potassium: 90.45mg (2.58%), Magnesium: 9.86mg (2.47%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (1.89%), Fiber: 0.47g (1.89%), Vitamin B2: 0.03mg (1.79%), Vitamin K: 1.66µg (1.58%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.53%), Zinc: 0.23mg (1.52%), Folate: 5.8µg (1.45%),

Calcium: 14.15mg (1.41%), Vitamin A: 64.97IU (1.3%)