



Orange, Onion and Olive Salad (Munkaczina)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

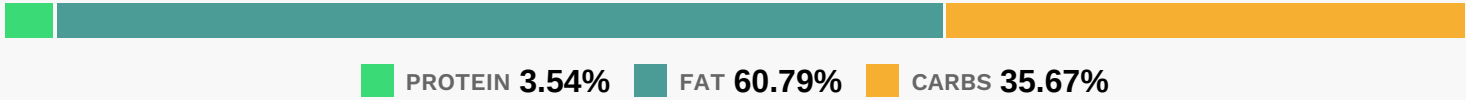
- ☐ 4 servings cayenne pepper to taste
- ☐ 3 tablespoons olive oil
- ☐ 0.7 cup olives pitted ripe
- ☐ 1 small onion finely chopped
- ☐ 4 oranges peeled
- ☐ 4 servings salt to taste

Equipment

Directions

- ☐
- Slice oranges crosswise and remove seeds and white membranes in the middle of the rounds.
- 2
- Arrange a bed of orange slices in a dish and cover with the chopped onion.
- 3
- ☐
- Place a bed of olives on top of the onion layer.
- 4
- ☐
- Sprinkle with cayenne pepper, salt and olive oil.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:5.78, Inflammation Score:-8, Nutrition Score:10.396521884462%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 200.38kcal (10.02%), Fat: 14.46g (22.25%), Saturated Fat: 2g (12.49%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 14.36g (5.22%), Sugar: 13.32g (14.8%), Cholesterol: 0mg (0%), Sodium: 546.3mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin C: 72.51mg (87.9%), Vitamin A: 1215.72IU (24.31%), Vitamin E: 3.21mg (21.37%), Fiber: 4.73g (18.91%), Folate: 45.42µg (11.35%), Potassium: 312.54mg (8.93%), Vitamin B1: 0.13mg (8.89%), Vitamin K: 8.31µg (7.92%), Vitamin B6: 0.16mg (7.78%), Calcium: 71.31mg (7.13%), Magnesium: 20.37mg (5.09%), Copper: 0.1mg (5.02%), Manganese: 0.1mg (4.79%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.35mg (3.54%), Vitamin B3: 0.62mg (3.09%), Phosphorus: 30.17mg (3.02%), Iron: 0.49mg (2.75%), Selenium: 1.12µg (1.6%), Zinc: 0.18mg (1.2%)