



## Orange-Poppy Seed Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup almonds sliced
- 1 head bibb lettuce
- 2 tablespoons butter
- 11 ounce mandarin orange segments drained canned
- 1 egg white
- 1 green onion chopped
- 0.8 cup olive oil
- 1 tablespoon orange juice fresh

- 1 teaspoon orange rind grated
- 0.1 teaspoon pepper
- 0.5 teaspoon poppy seeds
- 1 head leaf lettuce green red
- 0.3 cup red wine vinegar
- 0.1 teaspoon salt
- 16 ounce strawberries thinly sliced
- 0.3 cup sugar

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer

## Directions

- Beat egg white at high speed with an electric mixer until foamy.
- Add sugar, 1 tablespoon at a time, beating 2 to 4 minutes or until stiff peaks form and sugar dissolves. Fold in almonds.
- Melt butter in a 9-inch square pan in a 325 oven.
- Add almonds to pan, and bake, stirring every 5 minutes, 20 to 25 minutes or until lightly browned and dry. Cool in pan on a wire rack.
- Toss together Bibb lettuce and next 4 ingredients in a large bowl.
- Whisk together oil and next 6 ingredients; drizzle half over salad, tossing gently.
- Sprinkle with sugared almonds, and serve immediately with remaining dressing.

## Nutrition Facts



■ PROTEIN 8.56% ■ FAT 55.43% ■ CARBS 36.01%

## Properties

Glycemic Index:40.18, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:23.525652238856%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 266.77kcal (13.34%), Fat: 17.36g (26.7%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 20.08g (7.3%), Sugar: 18.02g (20.02%), Cholesterol: 0mg (0%), Sodium: 123.84mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin A: 6228.05IU (124.56%), Vitamin K: 112.52µg (107.16%), Vitamin C: 70.9mg (85.94%), Manganese: 0.87mg (43.6%), Vitamin E: 5.34mg (35.62%), Fiber: 5.28g (21.13%), Folate: 72.81µg (18.2%), Magnesium: 71.09mg (17.77%), Vitamin B2: 0.3mg (17.69%), Potassium: 508.27mg (14.52%), Phosphorus: 130.13mg (13.01%), Copper: 0.25mg (12.39%), Iron: 2.02mg (11.23%), Vitamin B1: 0.16mg (10.65%), Calcium: 99.27mg (9.93%), Vitamin B6: 0.16mg (7.98%), Vitamin B3: 1.43mg (7.17%), Zinc: 1.06mg (7.05%), Selenium: 2.77µg (3.95%), Vitamin B5: 0.31mg (3.11%)