



Orange-Poppo Seed Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head the of 1 cos lettuce
- 2 medium cranberry-orange relish peeled cut in half
- 2 kiwi fruit peeled sliced cut in half
- 0.5 medium onion red sliced
- 0.5 cup salad dressing reduced-fat
- 0.3 cup sugar
- 0.3 cup milk
- 2 tablespoons vinegar white

1 tablespoon poppy seeds

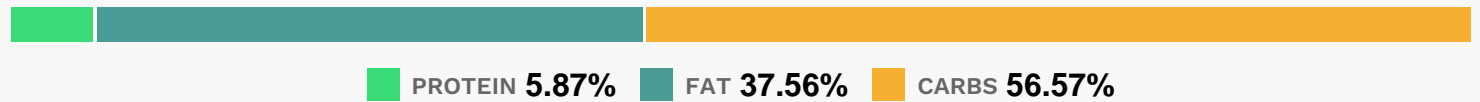
Equipment

bowl

Directions

- In large bowl, mix all salad ingredients.
- In small bowl, mix all dressing ingredients until well blended.
- Pour over salad; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.66, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:16.266956572947%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 138.02kcal (6.9%), Fat: 6.05g (9.31%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 17.05g (6.2%), Sugar: 15.68g (17.42%), Cholesterol: 6.16mg (2.06%), Sodium: 105.98mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin A: 6949.3IU (138.99%), Vitamin K: 112.69µg (107.32%), Vitamin C: 38.11mg (46.2%), Folate: 124.39µg (31.1%), Fiber: 3.46g (13.85%), Manganese: 0.24mg (11.95%), Potassium: 335.21mg (9.58%), Calcium: 75.25mg (7.52%), Vitamin B1: 0.11mg (7.2%), Phosphorus: 64.14mg (6.41%), Magnesium: 23.42mg (5.85%), Iron: 1.01mg (5.59%), Vitamin B6: 0.11mg (5.36%), Copper: 0.1mg (5.23%), Vitamin B2: 0.09mg (5.08%), Vitamin E: 0.48mg (3.21%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.45mg (2.24%), Selenium: 0.92µg (1.32%)