



Orange, Radish, and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- 0.5 large cucumber seedless thinly sliced
- 1 tablespoon mint leaves fresh finely chopped
- 3 large navel oranges
- 1 teaspoon olive oil
- 1 small bunch radishes thinly sliced
- 4 servings salt and pepper black freshly ground to taste

Equipment

- bowl

Directions

- Peel oranges; remove and discard white pith. Separate oranges over a bowl into sections, reserving juice.
- Place orange sections and 2 Tbsp. juice in a serving bowl; gently stir in radishes and next 3 ingredients.
- Sprinkle with salt and freshly ground pepper to taste.

Nutrition Facts

 **PROTEIN 6.95%**  **FAT 14.29%**  **CARBS 78.76%**

Properties

Glycemic Index:16, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:7.516521812781%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 23.09mg, Hesperetin: 23.09mg, Hesperetin: 23.09mg, Hesperetin: 23.09mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 69.04kcal (3.45%), Fat: 1.23g (1.89%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 7.1mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 65.35mg (79.22%), Fiber: 2.82g (11.29%), Folate: 42.89µg (10.72%), Potassium: 267mg (7.63%), Vitamin A: 353.25IU (7.06%), Vitamin K: 7.08µg (6.74%), Calcium: 57.77mg (5.78%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.11mg (5.44%), Manganese: 0.1mg (4.81%), Magnesium: 18.85mg (4.71%), Vitamin B2: 0.07mg (4.37%), Vitamin B5: 0.4mg (3.97%), Phosphorus: 36.72mg (3.67%), Copper: 0.07mg (3.4%), Vitamin B3: 0.54mg (2.69%), Vitamin E: 0.31mg (2.09%), Iron: 0.36mg (2.02%), Zinc: 0.21mg (1.39%)