



Orange, Radish, and Mint Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup mint leaves fresh
- 4 navel oranges
- 2 tablespoons olive oil
- 8 radishes halved thinly sliced
- 0.5 onion red thinly sliced
- 0.3 teaspoon salt

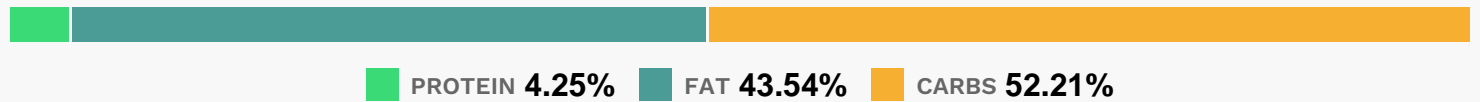
Equipment

- bowl
- cutting board

Directions

- Cut the top and bottom off of each orange. Stand the orange on 1 end on a cutting board and, following the curve of the fruit, cut away the skin and pith of the orange.
- Cut each orange section out of its pith.
- In a medium bowl toss together the orange sections, onion, radishes, and mint leaves.
- Drizzle with oil and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:9.3191304278115%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 30.9mg, Hesperetin: 30.9mg, Hesperetin: 30.9mg, Hesperetin: 30.9mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 7.26g (11.17%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 15.9g (5.78%), Sugar: 12.63g (14.04%), Cholesterol: 0mg (0%), Sodium: 151.44mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin C: 85.84mg (104.04%), Fiber: 3.69g (14.77%), Folate: 55.44µg (13.86%), Vitamin A: 466.66IU (9.33%), Potassium: 288.55mg (8.24%), Vitamin E: 1.22mg (8.15%), Calcium: 72.8mg (7.28%), Vitamin B1: 0.1mg (6.99%), Vitamin B6: 0.14mg (6.83%), Manganese: 0.11mg (5.5%), Vitamin B2: 0.09mg (5.05%), Magnesium: 20mg (5%), Vitamin K: 4.54µg (4.32%), Vitamin B5: 0.41mg (4.06%), Phosphorus: 40mg (4%), Copper: 0.07mg (3.73%), Vitamin B3: 0.68mg (3.4%), Iron: 0.43mg (2.39%), Zinc: 0.19mg (1.27%)