



Orange, Red Onion, and Mint Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



10

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons mint leaves fresh minced
- ☐ 8 mint leaves fresh
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime
- ☐ 5 navel oranges peeled sliced
- ☐ 0.3 cup olive oil

- ☐ 1 small onion red separated halved thinly sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 heads romaine lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch sugar

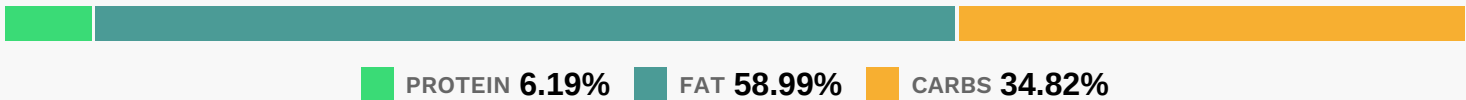
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a salad bowl.
- ☐ Combine lime juice and next 5 ingredients in a small bowl; slowly add oil in a thin stream, whisking constantly.
- ☐ Drizzle dressing over salad; sprinkle with minced mint, and toss. Top with mint leaves.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:21.905652066936%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 15.81mg, Hesperetin: 15.81mg, Hesperetin: 15.81mg, Hesperetin: 15.81mg Naringenin: 4.98mg, Naringenin: 4.98mg, Naringenin: 4.98mg, Naringenin: 4.98mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 191.48kcal (9.57%), Fat: 13.65g (21%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 10.86g (3.95%), Sugar: 8.32g (9.25%), Cholesterol: 0mg (0%), Sodium: 131.46mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin A: 11237.48IU (224.75%), Vitamin K: 141.26µg (134.53%), Vitamin C: 52.86mg (64.07%), Folate: 231.66µg (57.92%), Fiber: 7.27g (29.08%), Potassium: 656.21mg (18.75%), Manganese: 0.32mg (16.2%), Vitamin E: 2.15mg (14.33%), Vitamin B6: 0.27mg (13.46%), Vitamin B1: 0.17mg (11.54%), Vitamin B2: 0.18mg (10.7%), Magnesium: 40.58mg (10.15%), Iron: 1.79mg (9.94%), Vitamin B5: 0.94mg (9.45%), Copper: 0.18mg (8.91%), Calcium: 86.17mg (8.62%), Phosphorus: 80.55mg (8.06%), Vitamin B3: 1.45mg (7.25%), Zinc: 0.65mg (4.36%), Selenium: 0.73µg (1.04%)