



Orange Salad Spanish-Style

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

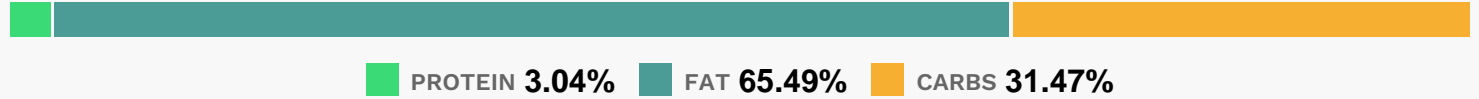
- 6 servings kosher salt and pepper black freshly ground
- 6 servings olive oil extra-virgin for drizzling
- 5 to 6 oranges juicy seedless peeled sliced into 1/ discs
- 2 sprigs oregano fresh chopped
- 6 servings sprinkle paprika smoked
- 1 handful parsley fresh chopped
- 1 chile pepper red seeded finely chopped
- 0.5 onion red very thinly sliced

Equipment

Directions

- Arrange the oranges on a platter and top with onions, parsley, oregano, and chile pepper.
- Drizzle liberally with extra-virgin olive oil and season with paprika, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:10.04913040866%

Flavonoids

Hesperetin: 29.75mg, Hesperetin: 29.75mg, Hesperetin: 29.75mg, Hesperetin: 29.75mg Naringenin: 16.72mg, Naringenin: 16.72mg, Naringenin: 16.72mg, Naringenin: 16.72mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 186.81kcal (9.34%), Fat: 14.34g (22.06%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 11.94g (4.34%), Sugar: 11.13g (12.37%), Cholesterol: 0mg (0%), Sodium: 2.56mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 70.44mg (85.39%), Vitamin K: 25.56µg (24.34%), Vitamin E: 2.68mg (17.9%), Vitamin A: 877.8IU (17.56%), Fiber: 3.57g (14.27%), Folate: 39.32µg (9.83%), Potassium: 271.49mg (7.76%), Vitamin B1: 0.11mg (7.32%), Vitamin B6: 0.14mg (7.19%), Calcium: 61.26mg (6.13%), Manganese: 0.12mg (5.81%), Magnesium: 17.64mg (4.41%), Iron: 0.79mg (4.4%), Vitamin B2: 0.07mg (4.07%), Copper: 0.08mg (3.8%), Vitamin B5: 0.33mg (3.35%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 25.84mg (2.58%), Zinc: 0.18mg (1.21%), Selenium: 0.73µg (1.04%)