



Orange-Spinach Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 oz mandarin orange segments drained canned
- 6 cups salad greens mixed
- 0.3 cup peppercorn ranch dressing kraft
- 0.3 cup oscar mayer real bacon bits

Equipment

- bowl

Directions

- Toss spinach, oranges and bacon bits in large bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



PROTEIN 13.7% **FAT 55.81%** **CARBS 30.49%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.9721739016797%

Nutrients (% of daily need)

Calories: 51.58kcal (2.58%), Fat: 3.3g (5.08%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.85g (3.17%), Cholesterol: 5.6mg (1.87%), Sodium: 146.61mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin C: 16.14mg (19.56%), Vitamin A: 684.06IU (13.68%), Vitamin K: 8.04µg (7.66%), Folate: 10.68µg (2.67%), Potassium: 87.53mg (2.5%), Phosphorus: 23.95mg (2.4%), Vitamin B1: 0.04mg (2.37%), Manganese: 0.04mg (1.89%), Vitamin B6: 0.03mg (1.72%), Magnesium: 6.37mg (1.59%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.23mg (1.51%), Fiber: 0.37g (1.5%), Iron: 0.25mg (1.41%), Vitamin B3: 0.27mg (1.37%), Copper: 0.03mg (1.3%), Vitamin E: 0.18mg (1.2%)