



Orange-Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



4 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce mandarin orange segments drained canned
- 0.5 cup olive oil vinaigrette reduced-fat
- 0.5 cup onion red thinly sliced ()
- 10 ounce torn spinach fresh (6 cups)

Equipment

- bowl

Directions

Combine all ingredients in a large bowl, and toss well.

Nutrition Facts

PROTEIN 10.3% **FAT 46.87%** **CARBS 42.83%**

Properties

Glycemic Index:14.75, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:19.945217425409%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 101.66kcal (5.08%), Fat: 5.73g (8.81%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 8.94g (3.25%), Sugar: 7.58g (8.42%), Cholesterol: 0mg (0%), Sodium: 60.8mg (2.64%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 345.65µg (329.19%), Vitamin A: 7669.09IU (153.38%), Vitamin C: 47.82mg (57.97%), Folate: 145.19µg (36.3%), Manganese: 0.66mg (33.08%), Magnesium: 66.57mg (16.64%), Vitamin E: 2.34mg (15.58%), Potassium: 530.76mg (15.16%), Iron: 2.2mg (12.24%), Fiber: 2.83g (11.34%), Vitamin B6: 0.2mg (9.79%), Vitamin B2: 0.16mg (9.62%), Vitamin B1: 0.13mg (8.87%), Calcium: 84.17mg (8.42%), Copper: 0.13mg (6.6%), Zinc: 0.82mg (5.49%), Phosphorus: 49.1mg (4.91%), Vitamin B3: 0.88mg (4.42%), Selenium: 1.12µg (1.6%)