



WHATSheATE



Orange, Strawberry and Date Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head boston lettuce
- ☐ 6 tablespoons buttermilk
- ☐ 0.5 cup dates pitted thinly sliced
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 medium navel oranges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 teaspoons shallots finely chopped
- ☐ 1 pint strawberries hulled quartered

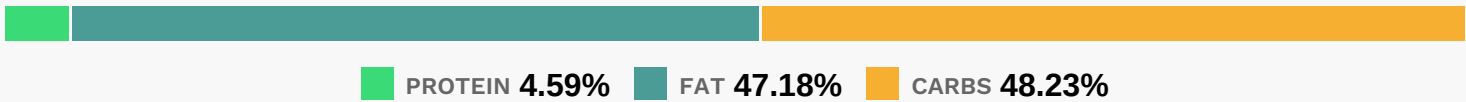
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk together the buttermilk, lemon juice, shallots and tarragon in a bowl. Slowly whisk in the olive oil. Season with salt and pepper.
- ☐ For the salad: In a bowl, coat the lettuce with all but 1/4 cup of the dressing. Arrange the lettuce on individual serving plates.
- ☐ Cut off the top and bottom of each orange, just exposing the flesh. With a sharp knife, follow the curve of the fruit to cut away the peel, completely removing the white pith. Slice out each segment of fruit, cutting in along the membrane. Divide the oranges, strawberries and dates among the plates.
- ☐ Drizzle with the remaining dressing.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:16.715217279351%

Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

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Nutrients (% of daily need)

Calories: 265.09kcal (13.25%), Fat: 14.9g (22.92%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 28.36g (10.31%), Sugar: 25.04g (27.82%), Cholesterol: 2.47mg (0.82%), Sodium: 28.52mg (1.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin C: 114.16mg (138.38%), Vitamin K: 53.15µg (50.62%), Manganese: 0.63mg (31.75%), Vitamin A: 1587.01IU (31.74%), Fiber: 5.91g (23.64%), Folate: 88.35µg (22.09%), Vitamin E: 2.5mg (16.65%), Potassium: 561.31mg (16.04%), Calcium: 100.35mg (10.04%), Magnesium: 40mg (10%), Vitamin B6: 0.19mg (9.71%), Phosphorus: 90.3mg (9.03%), Vitamin B2: 0.14mg (8.36%), Vitamin B1: 0.12mg (8.11%), Iron: 1.46mg (8.09%), Copper: 0.14mg (6.93%), Vitamin B5: 0.59mg (5.95%), Vitamin B3: 1.18mg (5.91%), Zinc: 0.46mg (3.06%), Selenium: 2.13µg (3.05%), Vitamin D: 0.29µg (1.95%), Vitamin B12: 0.1µg (1.73%)