



Orange-Strawberry Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.3 teaspoon salt

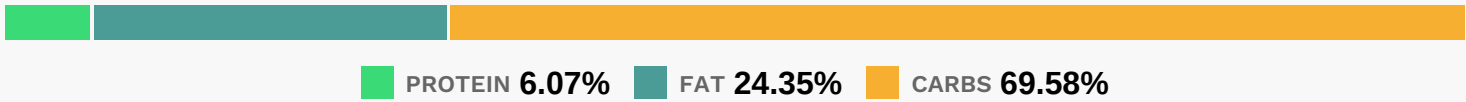
- ☐ 3 cranberry–orange relish peeled sliced
- ☐ 1 cup strawberries fresh sliced
- ☐ 6 cups the salad

Equipment

Directions

- ☐ In tightly covered container, shake all dressing ingredients.
- ☐ Serve oranges and strawberries on salad greens.
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:39.43, Glycemic Load:6.51, Inflammation Score:–7, Nutrition Score:8.1686955068422%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 19.81mg, Hesperetin: 19.81mg, Hesperetin: 19.81mg, Hesperetin: 19.81mg Naringenin: 10.39mg, Naringenin: 10.39mg, Naringenin: 10.39mg, Naringenin: 10.39mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 2.56g (3.93%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 14.27g (5.19%), Sugar: 12.3g (13.67%), Cholesterol: 0mg (0%), Sodium: 108.13mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin C: 66.69mg (80.84%), Vitamin K: 15.65µg (14.9%), Vitamin A: 683.23IU (13.66%), Folate: 45.69µg (11.42%), Manganese: 0.18mg (8.77%), Fiber: 2.17g (8.66%), Potassium: 255.62mg (7.3%), Vitamin B1: 0.09mg (5.84%), Vitamin B6: 0.09mg (4.54%), Magnesium: 16.53mg (4.13%), Calcium: 38.68mg (3.87%), Copper: 0.07mg (3.45%), Phosphorus: 34.52mg (3.45%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.56mg (2.81%), Iron: 0.5mg (2.8%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.4mg (2.66%), Selenium: 0.97µg (1.39%), Zinc: 0.19mg (1.27%)