



Orange, Walnut, Gorgonzola and Mixed Greens Salad with Fresh Citrus Vinaigrette



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup gorgonzola cheese crumbled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 10 ounces salad greens mixed with arugula
- ☐ 2 large navel oranges peeled
- ☐ 0.3 cup olive oil

- ☐ 0.7 cup orange juice
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 cup onion red sliced
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup walnut halves
- ☐ 0.3 cup sugar white

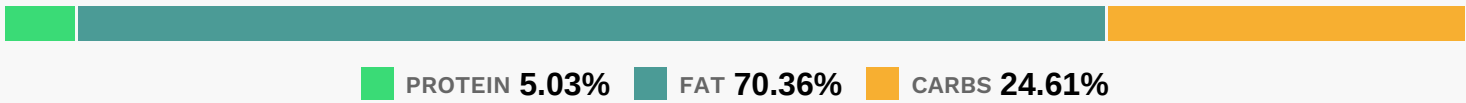
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the walnuts in a skillet over medium heat. Cook 5 minutes, stirring constantly, until lightly browned.
- ☐ In a large bowl, toss the toasted walnuts, salad greens, oranges, and red onion.
- ☐ In a large jar with a lid, mix the olive oil, vegetable oil, orange juice, sugar, vinegar, mustard, oregano, and pepper. Seal jar, and shake to mix.
- ☐ Divide the salad greens mixture into individual servings. To serve, sprinkle with Gorgonzola cheese, and drizzle with the dressing mixture.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:8.26, Inflammation Score:-7, Nutrition Score:11.926521750896%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 13.5mg, Hesperetin: 13.5mg, Hesperetin: 13.5mg, Hesperetin: 13.5mg Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 358.51kcal (17.93%), Fat: 29.23g (44.97%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 20.59g (7.49%), Sugar: 16.39g (18.22%), Cholesterol: 3.53mg (1.18%), Sodium: 87.86mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin C: 53.51mg (64.85%), Manganese: 0.63mg (31.64%), Vitamin K: 23.39µg (22.28%), Folate: 60.5µg (15.13%), Vitamin E: 2.26mg (15.06%), Vitamin A: 749.3IU (14.99%), Copper: 0.3mg (14.92%), Phosphorus: 109.6mg (10.96%), Magnesium: 40.69mg (10.17%), Fiber: 2.42g (9.67%), Vitamin B6: 0.19mg (9.52%), Potassium: 320.75mg (9.16%), Vitamin B1: 0.13mg (8.76%), Calcium: 75.86mg (7.59%), Vitamin B2: 0.1mg (6.03%), Iron: 1.04mg (5.79%), Zinc: 0.77mg (5.13%), Vitamin B5: 0.42mg (4.19%), Vitamin B3: 0.81mg (4.05%), Selenium: 2.31µg (3.3%)