



Orange-Walnut Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 22 oz mandarin orange segments drained canned
- 2 medium cucumbers thinly sliced
- 0.3 cup green onion
- 0.3 cup oil
- 0.3 cup orange juice
- 1 tsp orange zest grated
- 8 cups torn salad greens mixed
- 2 Tbsp sugar

- 1 cup planters walnut pieces
- 0.3 cup heinz red wine vinegar

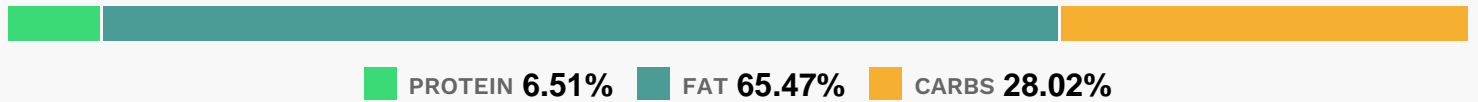
Equipment

- bowl
- whisk

Directions

- Beat orange juice, vinegar, oil, sugar and orange zest in small bowl with wire whisk until well blended. Set aside.
- Toss salad greens with cucumbers, oranges, walnuts and green onions in large salad bowl.
- Add orange juice mixture; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:4.4604347633279%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 87.57kcal (4.38%), Fat: 6.68g (10.28%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 6.81mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin C: 17.46mg (21.16%), Vitamin A: 627.69IU (12.55%), Manganese: 0.24mg (12.12%), Copper: 0.13mg (6.58%), Vitamin K: 6.19µg (5.9%), Folate: 18.1µg (4.52%), Magnesium: 17.73mg (4.43%), Vitamin B1: 0.06mg (4.2%), Vitamin E: 0.59mg (3.95%), Potassium: 136.57mg (3.9%), Fiber: 0.96g (3.83%), Phosphorus: 35.64mg (3.56%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.42mg (2.82%), Iron: 0.45mg (2.48%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.32mg (1.62%), Calcium: 16.14mg (1.61%), Vitamin B5: 0.11mg (1.1%)