



WHATSheATE



Orange Walnut Salad with Sweet-and-Sour Dressing



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 small heads bibb lettuce cleaned
- ☐ 3 teaspoons butter
- ☐ 1.5 teaspoon celery seed
- ☐ 1.5 teaspoons mustard dry
- ☐ 1.5 teaspoons onion grated
- ☐ 3 oranges peeled seeded
- ☐ 1.5 teaspoons paprika

- ☐ 0.8 medium onion red separated sliced
- ☐ 1.5 teaspoons salt
- ☐ 1.5 pounds pkt spinach fresh cleaned
- ☐ 0.8 cup sugar
- ☐ 1.5 cups vegetable oil
- ☐ 0.8 cup vinegar
- ☐ 0.8 cup walnuts coarsely chopped

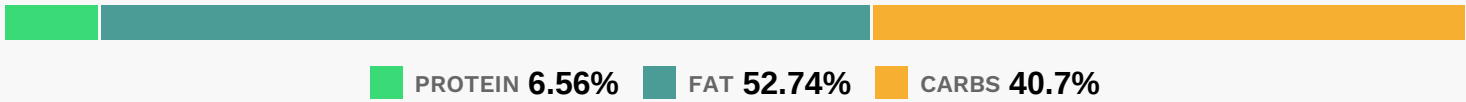
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large bowl, combine the lettuce, spinach, oranges, and onion.
- ☐ Using a saucepan, saute the walnuts in butter until lightly browned and add to the lettuce mixture.
- ☐ To make the dressing, combine all of the ingredients in a jar, shake well and chill in refrigerator. Shake before serving.
- ☐ Pour on top of salad and serve.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:10.55, Inflammation Score:-10, Nutrition Score:19.089565237255%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin:

0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 190.23kcal (9.51%), Fat: 11.73g (18.04%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 17.57g (6.39%), Sugar: 16.32g (18.14%), Cholesterol: 2.69mg (0.9%), Sodium: 345mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 284.66µg (271.11%), Vitamin A: 5554.82IU (111.1%), Vitamin C: 34.05mg (41.27%), Manganese: 0.82mg (40.75%), Folate: 129.11µg (32.28%), Magnesium: 63.03mg (15.76%), Potassium: 430.88mg (12.31%), Vitamin E: 1.83mg (12.17%), Fiber: 2.79g (11.18%), Iron: 2mg (11.13%), Copper: 0.22mg (10.82%), Vitamin B6: 0.19mg (9.34%), Calcium: 85.34mg (8.53%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.1mg (6.99%), Phosphorus: 64.98mg (6.5%), Zinc: 0.61mg (4.07%), Vitamin B3: 0.64mg (3.2%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.18mg (1.79%)