



WHATSheATE



## Orange, walnut & stilton salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 200 g watercress
- ☐ 2 cranberry-orange relish
- ☐ 1 tbsp walnut oil
- ☐ 85 g walnuts roughly chopped
- ☐ 140 g coarsely stilton cheese crumbled

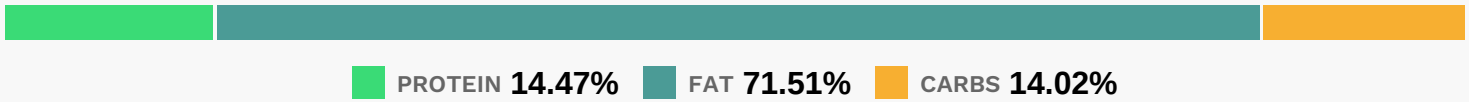
### Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Empty the salad bags into a large bowl. Peel the oranges over a small bowl to catch the juices; then, over the same bowl, cut the segments from the pith.
- ☐ Whisk the walnut oil into the orange juice, season, and pour over the salad leaves. Toss the salad, then arrange on a large platter. Scatter over the orange segments, walnuts and stilton.

## Nutrition Facts



## Properties

Glycemic Index:30.38, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:20.806086763092%

## Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg

## Nutrients (% of daily need)

Calories: 328.87kcal (16.44%), Fat: 27.43g (42.2%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 8.86g (3.22%), Sugar: 6.95g (7.73%), Cholesterol: 26.25mg (8.75%), Sodium: 423.42mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.97%), Vitamin K: 126.92µg (120.88%), Vitamin C: 56.62mg (68.63%), Manganese: 0.87mg (43.35%), Vitamin A: 2014.18IU (40.28%), Calcium: 291.83mg (29.18%), Phosphorus: 248.15mg (24.81%), Copper: 0.42mg (20.99%), Vitamin B2: 0.25mg (14.81%), Magnesium: 58.67mg (14.67%), Folate: 57.58µg (14.39%), Vitamin B6: 0.28mg (13.8%), Potassium: 466.87mg (13.34%), Fiber: 3.25g (12.98%), Vitamin B1: 0.18mg (12.31%), Zinc: 1.69mg (11.26%), Vitamin B5: 1.04mg (10.45%), Selenium: 6.89µg (9.85%), Vitamin B12: 0.43µg (7.12%), Vitamin E: 0.87mg (5.79%), Iron: 0.89mg (4.96%), Vitamin B3: 0.88mg (4.4%), Vitamin D: 0.17µg (1.17%)