



Pineapple-Mandarin Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups torn boston lettuce
- 0.3 cup honey-dijon dressing fat-free
- 11 ounce mandarin oranges in syrup light drained canned
- 8 ounce pineapple chunks unsweetened drained canned

Equipment

Directions

Divide lettuce among plates. Divide oranges and pineapple evenly among salads; drizzle with dressing.

Nutrition Facts

PROTEIN 6.43% **FAT 3.51%** **CARBS 90.06%**

Properties

Glycemic Index:10.5, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:12.252608470295%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 116.21kcal (5.81%), Fat: 0.47g (0.72%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 24.12g (8.77%), Sugar: 20.17g (22.41%), Cholesterol: 0mg (0%), Sodium: 83.69mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin K: 77.12µg (73.45%), Vitamin A: 3043.27IU (60.87%), Vitamin C: 28.92mg (35.05%), Folate: 70.06µg (17.51%), Fiber: 2.97g (11.86%), Potassium: 378.22mg (10.81%), Vitamin B1: 0.15mg (9.72%), Vitamin B6: 0.16mg (8.24%), Manganese: 0.16mg (8.23%), Magnesium: 27.61mg (6.9%), Iron: 1.21mg (6.7%), Calcium: 64.17mg (6.42%), Copper: 0.11mg (5.27%), Vitamin B2: 0.09mg (5.09%), Phosphorus: 44.31mg (4.43%), Vitamin B3: 0.72mg (3.61%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.3mg (2.02%), Zinc: 0.26mg (1.74%), Selenium: 0.75µg (1.08%)