



Poppy Seed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 45 ounce mandarin orange segents drained canned
- ☐ 1 teaspoon mustard dry
- ☐ 1 bunch green onions chopped
- ☐ 1.5 tablespoons poppy seeds
- ☐ 2 heads romaine lettuce
- ☐ 1 tablespoon salt
- ☐ 5 ounces slivered almonds

- ☐ 1 cup vegetable oil
- ☐ 0.8 cup sugar white

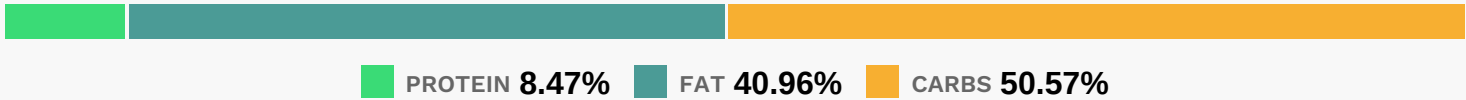
Equipment

- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Mix lettuce, oranges, green onions, and almonds in a large mixing bowl.
- ☐ Blend sugar, vinegar, salt, and mustard in a blender. Stream oil into the dressing while blending. Continue to blend until the dressing emulsifies.
- ☐ Add poppy seeds and blend briefly to mix.
- ☐ Drizzle dressing over the salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:27.566956499349%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 324.38kcal (16.22%), Fat: 15.68g (24.13%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 35.71g (12.98%), Sugar: 34.7g (38.55%), Cholesterol: 0mg (0%), Sodium: 894.61mg (38.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Vitamin A: 15753.51IU (315.07%), Vitamin K: 176.66µg (168.25%), Vitamin C: 60.92mg (73.84%), Folate: 232.32µg (58.08%), Manganese: 0.81mg (40.59%),

Vitamin E: 5.48mg (36.56%), Fiber: 7.85g (31.41%), Magnesium: 95.44mg (23.86%), Potassium: 767.02mg (21.91%),
Vitamin B2: 0.36mg (21.45%), Vitamin B1: 0.31mg (20.49%), Copper: 0.36mg (17.89%), Phosphorus: 168.77mg
(16.88%), Iron: 2.89mg (16.03%), Calcium: 147.31mg (14.73%), Zinc: 1.93mg (12.85%), Vitamin B6: 0.22mg (10.78%),
Vitamin B3: 1.88mg (9.42%), Selenium: 2.89µg (4.12%), Vitamin B5: 0.32mg (3.15%)