



Red Leaf Salad with Oranges



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1.5 tablespoons balsamic vinegar



1.5 tablespoons olive oil



2 cranberry-orange relish



1 head red-leaf lettuce red coarsely chopped

Equipment



bowl

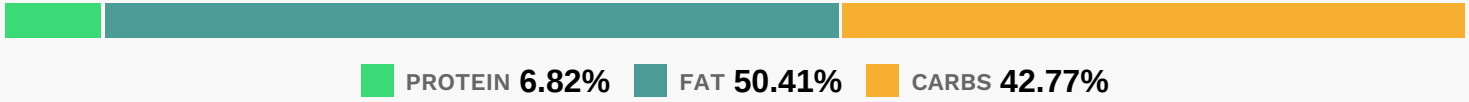


knife

Directions

- ☐
- Using small sharp knife, cut off peel and white pith from oranges.
- ☐
- Cut oranges crosswise into round slices, then cut slices in half. Toss red leaf lettuce, orange slices, and red onion slices in large bowl.
- ☐
- Add oil and vinegar and toss to coat; season salad to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:14.676956544752%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg 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: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 92.52kcal (4.63%), Fat: 5.5g (8.46%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 8.23g (2.99%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 20.8mg (0.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin A: 5934.94IU (118.7%), Vitamin K: 111.31µg (106.01%), Vitamin C: 37.7mg (45.7%), Folate: 47.46µg (11.86%), Fiber: 2.27g (9.07%), Manganese: 0.18mg (9.05%), Potassium: 269.79mg (7.71%), Vitamin B1: 0.11mg (7.09%), Vitamin E: 0.99mg (6.6%), Iron: 1.07mg (5.92%), Vitamin B6: 0.12mg (5.83%), Calcium: 53.37mg (5.34%), Vitamin B2: 0.09mg (5.04%), Magnesium: 16.54mg (4.14%), Phosphorus: 31.94mg (3.19%), Vitamin B5: 0.28mg (2.75%), Copper: 0.05mg (2.63%), Vitamin B3: 0.43mg (2.16%), Selenium: 1.49µg (2.12%), Zinc: 0.21mg (1.37%)