



Refreshing Summertime Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup feta cheese crumbled
- 1 tablespoon mint leaves fresh chopped
- 0.5 cup mangos diced
- 4 cups the salad mixed
- 1 tablespoon olive oil
- 1 tablespoon orange juice concentrate frozen thawed
- 2 tablespoons onion red minced
- 0.5 cup watermelon cubed seeded

1 tablespoon balsamic vinegar white

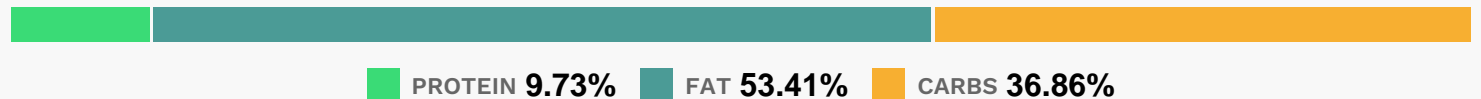
Equipment

- bowl
- whisk
- mixing bowl

Directions

- Combine the baby greens, mango, watermelon, mint, feta cheese, and minced onion in a mixing bowl.
- Whisk the vinegar, olive oil, and mango juice concentrate together in a small bowl, and pour over the salad. Toss gently to evenly coat.

Nutrition Facts



Properties

Glycemic Index:57.6, Glycemic Load:2.99, Inflammation Score:-6, Nutrition Score:5.5726086471392%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 92.12kcal (4.61%), Fat: 5.68g (8.73%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.91g (6.57%), Cholesterol: 8.34mg (2.78%), Sodium: 119.51mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 24.45mg (29.64%), Vitamin A: 892.45IU (17.85%), Folate: 32.46µg (8.12%), Vitamin B2: 0.12mg (7.18%), Calcium: 61.72mg (6.17%), Vitamin B6: 0.12mg (6.1%), Phosphorus: 57.55mg (5.75%), Manganese: 0.11mg (5.49%), Vitamin E: 0.74mg (4.93%), Potassium: 172.72mg

(4.93%), Vitamin B1: 0.05mg (3.46%), Magnesium: 13.42mg (3.35%), Copper: 0.06mg (3.16%), Vitamin K: 3.2µg (3.04%), Iron: 0.53mg (2.92%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.55mg (2.76%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.25mg (2.52%), Fiber: 0.63g (2.51%)