



Romaine and Mandarin Orange Salad with Poppy Seed Dressing



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 6 slices bacon
- ☐ 10 ounce mandarin orange segents drained canned
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 teaspoon poppy seeds
- ☐ 0.5 onion red coarsely chopped
- ☐ 10 cups torn romaine lettuce leaves

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup sugar white

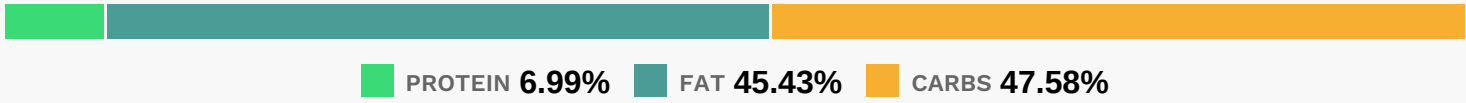
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Place vinegar, sugar, red onion, mustard powder, and salt into the bowl of a blender. Cover, and puree on high until smooth. Reduce blender speed to medium-low; slowly pour in the vegetable oil and blend until incorporated and the dressing is creamy. Stir in the poppy seeds and set aside.
- ☐ To serve, toss the romaine in a large bowl with the crumbled bacon, Mandarin oranges, and enough dressing to moisten.
- ☐ Place onto salad plates and sprinkle with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:20.02, Inflammation Score:-10, Nutrition Score:16.406956442024%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.75mg, Hesperetin:

3.75mg, Hesperetin: 3.75mg, Hesperetin: 3.75mg Naringenin: 4.75mg, Naringenin: 4.75mg, Naringenin: 4.75mg, Naringenin: 4.75mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 294.45kcal (14.72%), Fat: 15.35g (23.61%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 32.85g (11.95%), Sugar: 31.55g (35.06%), Cholesterol: 14.52mg (4.84%), Sodium: 251.22mg (10.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin A: 7153.02IU (143.06%), Vitamin K: 87.02µg (82.88%), Folate: 118.49µg (29.62%), Vitamin C: 16.44mg (19.93%), Manganese: 0.33mg (16.44%), Fiber: 3.33g (13.33%), Vitamin E: 1.76mg (11.73%), Vitamin B1: 0.16mg (10.91%), Potassium: 376.88mg (10.77%), Phosphorus: 95.73mg (9.57%), Magnesium: 35.36mg (8.84%), Vitamin B2: 0.15mg (8.63%), Vitamin B6: 0.17mg (8.62%), Selenium: 5.59µg (7.99%), Vitamin B3: 1.49mg (7.47%), Calcium: 67.52mg (6.75%), Iron: 1.21mg (6.73%), Copper: 0.13mg (6.44%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.11µg (1.83%)