



Romaine Salad with Mandarins and Asian Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 firm-ripe avocados ()
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon ground ginger
- ☐ 4 small oranges ()
- ☐ 0.3 cup rice vinegar
- ☐ 5 quarts romaine lettuce in bite-size pieces (2 heads)
- ☐ 12 servings salt and pepper

- ☐ 2 tablespoons asian sesame oil toasted ()
- ☐ 0.5 cup slivered almonds
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 tablespoons sugar

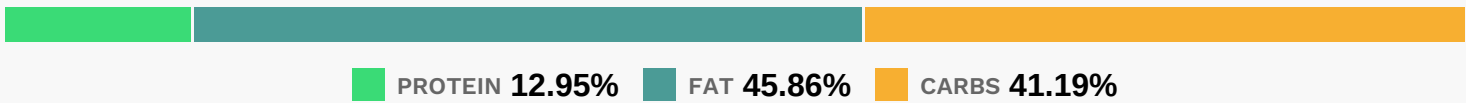
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ In a 6- to 8-inch frying pan, shake almonds often over medium-high heat until lightly browned, about 7 minutes.
- ☐ Pour from pan.
- ☐ In a large bowl, mix vinegar, oil, sugar, soy sauce, ginger, and mustard.
- ☐ If peel is tight on mandarins, use a knife to cut it and white membrane from fruit, then cut between inner membranes to release fruit segments. Discard peel and membrane; reserve juice for another use. If peel is loose, pull off and discard, then separate segments. Pull off and discard any loose membrane.
- ☐ Add fruit to the bowl.
- ☐ Peel and pit avocados; thinly slice into the bowl.
- ☐ Mix gently.
- ☐ Add lettuce and almonds to bowl.
- ☐ Mix gently, adding salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:28.666956435079%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 189.39kcal (9.47%), Fat: 10.8g (16.62%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 10.26g (3.73%), Sugar: 9.33g (10.36%), Cholesterol: 0mg (0%), Sodium: 312.21mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Vitamin A: 34566.25IU (691.33%), Vitamin K: 411.53µg (391.93%), Folate: 569.85µg (142.46%), Fiber: 11.58g (46.31%), Manganese: 0.81mg (40.66%), Potassium: 1216.58mg (34.76%), Vitamin C: 25.89mg (31.39%), Iron: 4.28mg (23.77%), Vitamin B1: 0.33mg (22.12%), Vitamin B2: 0.37mg (21.83%), Vitamin B6: 0.41mg (20.38%), Magnesium: 81.27mg (20.32%), Phosphorus: 165.49mg (16.55%), Vitamin E: 2.45mg (16.3%), Calcium: 156.8mg (15.68%), Copper: 0.31mg (15.68%), Vitamin B5: 1.11mg (11.08%), Vitamin B3: 2.15mg (10.73%), Zinc: 1.3mg (8.64%), Selenium: 2.2µg (3.14%)