



Romaine Salad with Oranges and Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 navel oranges peeled halved sliced
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.5 cup onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 10 ounce prewashed romaine lettuce

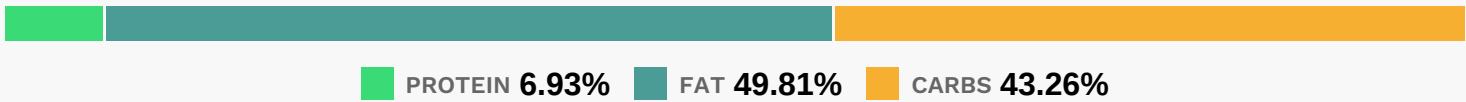
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place first 5 ingredients in a large bowl.
- ☐ Combine vinegar and the next 5 ingredients (through garlic) in a small bowl, stirring with a whisk until blended.
- ☐ Drizzle over lettuce mixture; toss to coat.
- ☐ Sprinkle with pine nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:10.128260900145%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 80.97kcal (4.05%), Fat: 4.81g (7.4%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.52g (2.74%), Sugar: 6.13g (6.82%), Cholesterol: 0mg (0%), Sodium: 77mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin A: 3214.37IU (64.29%), Vitamin K: 43.11µg (41.05%),

Vitamin C: 23.17mg (28.08%), Manganese: 0.48mg (23.85%), Folate: 64.01µg (16%), Fiber: 1.88g (7.52%), Potassium: 193.54mg (5.53%), Vitamin E: 0.81mg (5.38%), Magnesium: 21.36mg (5.34%), Copper: 0.1mg (4.83%), Phosphorus: 47.49mg (4.75%), Vitamin B1: 0.07mg (4.69%), Iron: 0.72mg (3.98%), Vitamin B6: 0.08mg (3.82%), Vitamin B2: 0.06mg (3.29%), Calcium: 32.54mg (3.25%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.17mg (1.74%)