



Satsuma Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 5 servings salad greens mixed
- ☐ 0.3 cup olive oil
- ☐ 3 satsuma oranges peeled
- ☐ 1 small onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar

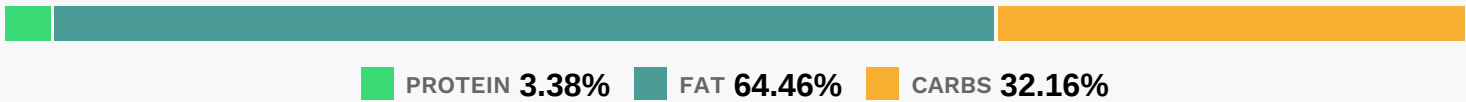
Equipment

☐ whisk

Directions

- ☐ Whisk together first 5 ingredients until well blended.
- ☐ Toss together mixed salad greens, onion, and satsuma segments.
- ☐ Drizzle with vinaigrette.
- ☐ *1 large navel orange may be substituted.

Nutrition Facts



Properties

Glycemic Index:34.32, Glycemic Load:6.13, Inflammation Score:-7, Nutrition Score:7.92304342726%

Flavonoids

Hesperetin: 21.42mg, Hesperetin: 21.42mg, Hesperetin: 21.42mg, Hesperetin: 21.42mg Naringenin: 12.04mg, Naringenin: 12.04mg, Naringenin: 12.04mg, Naringenin: 12.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 14.76g (22.71%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 14.05g (5.11%), Sugar: 11.96g (13.29%), Cholesterol: 0mg (0%), Sodium: 195.15mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 52.83mg (64.03%), Vitamin E: 2.24mg (14.94%), Vitamin A: 635.95IU (12.72%), Folate: 42.98µg (10.74%), Fiber: 2.52g (10.07%), Vitamin K: 8.85µg (8.43%), Potassium: 258.64mg (7.39%), Manganese: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.79%), Vitamin B6: 0.11mg (5.48%), Calcium: 46.69mg (4.67%), Magnesium: 17.98mg (4.5%), Phosphorus: 40.74mg (4.07%), Selenium: 2.72µg (3.89%), Vitamin B2: 0.06mg (3.65%), Copper: 0.07mg (3.52%), Iron: 0.63mg (3.49%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.5mg (2.5%), Zinc: 0.22mg (1.47%)