



Sliced Oranges and Red Onion



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons honey
- ☐ 4 large naval oranges
- ☐ 1 small onion red
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

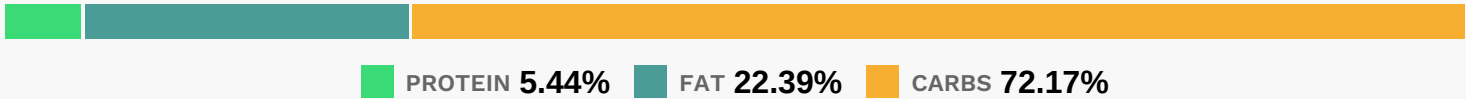
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first six ingredients in a small bowl and stir with a whisk. Peel and slice naval oranges. Peel and thinly slice 1 small red onion. Arrange oranges slices evenly on 4 salad plates; top evenly with onion.
- ☐ Drizzle with white wine vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:9.43, Inflammation Score:-7, Nutrition Score:9.7404348020968%

Flavonoids

Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg Naringenin: 28.2mg, Naringenin: 28.2mg, Naringenin: 28.2mg, Naringenin: 28.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 139.99kcal (7%), Fat: 3.75g (5.77%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 22.31g (8.11%), Sugar: 21.24g (23.6%), Cholesterol: 0mg (0%), Sodium: 146.98mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 99.97mg (121.18%), Fiber: 4.91g (19.65%), Folate: 60.56µg (15.14%), Vitamin B1: 0.17mg (11.52%), Potassium: 377.7mg (10.79%), Vitamin A: 416.35IU (8.33%), Calcium: 80.92mg (8.09%), Vitamin B6: 0.14mg (7.23%), Vitamin E: 0.84mg (5.61%), Magnesium: 21.53mg (5.38%), Vitamin B5: 0.5mg (4.97%), Vitamin B2: 0.08mg (4.86%), Copper: 0.1mg (4.81%), Manganese: 0.09mg (4.74%), Phosphorus: 34.31mg (3.43%), Vitamin B3: 0.56mg (2.78%), Vitamin K: 2.32µg (2.21%), Iron: 0.3mg (1.69%), Selenium: 1.09µg (1.56%), Zinc: 0.19mg (1.24%)