



Spanish Salad of Oranges, Fennel, Red Onion, and Mint with Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon coriander seeds crushed toasted
- 4 teaspoons olive oil extravirgin
- 3 tablespoons yogurt plain fat-free
- 1 pound fennel bulb thinly sliced
- 0.3 cup mint leaves fresh loosely packed
- 5 pounds navel oranges

- 2 tablespoons orange juice concentrate frozen thawed
- 2 cups onion red thinly sliced (1 large)
- 2 tablespoons red wine vinegar
- 0.5 teaspoon sea salt

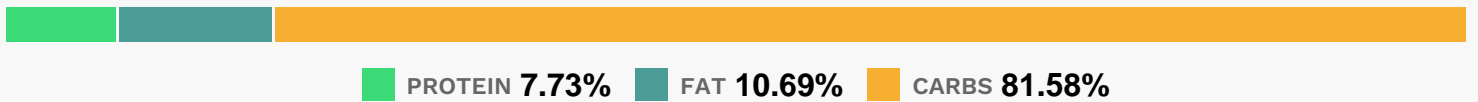
Equipment

- bowl
- whisk

Directions

- Place thinly sliced red onion in a medium bowl; cover with ice water, and soak 15 minutes.
- Drain well.
- Carefully remove rind and white pithy part of rind from oranges; discard rind and pith.
- Cut each orange in half vertically; remove white pithy core portion, and discard.
- Cut oranges crosswise into 1/4-inch-thick slices, reserving about 1/3 cup juice for dressing.
- Layer red onion, thinly sliced fennel, and orange evenly in a bowl or on a platter, and sprinkle with fresh mint leaves.
- Combine reserved juice, plain fat-free yogurt, juice concentrate, and remaining ingredients in a small bowl, and stir with a whisk to combine.
- Drizzle evenly over salad; serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:21.0399999941121%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 82.86mg, Hesperetin: 82.86mg, Hesperetin: 82.86mg, Hesperetin: 82.86mg Naringenin: 26.84mg, Naringenin: 26.84mg, Naringenin: 26.84mg, Naringenin: 26.84mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin:

2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 269.92kcal (13.5%), Fat: 3.55g (5.46%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 49.01g (17.82%), Sugar: 39.59g (43.99%), Cholesterol: 0.2mg (0.07%), Sodium: 248.23mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin C: 244.34mg (296.17%), Fiber: 11.93g (47.7%), Vitamin K: 49.47µg (47.12%), Folate: 166.21µg (41.55%), Potassium: 1092.83mg (31.22%), Calcium: 241.36mg (24.14%), Vitamin A: 1135.5IU (22.71%), Vitamin B6: 0.42mg (20.95%), Vitamin B1: 0.31mg (20.66%), Manganese: 0.37mg (18.37%), Magnesium: 66.34mg (16.58%), Phosphorus: 162.18mg (16.22%), Vitamin B2: 0.27mg (15.85%), Vitamin B5: 1.33mg (13.27%), Copper: 0.23mg (11.68%), Vitamin B3: 2.26mg (11.29%), Vitamin E: 1.43mg (9.54%), Iron: 1.38mg (7.65%), Zinc: 0.69mg (4.59%), Selenium: 1.27µg (1.81%), Vitamin B12: 0.06µg (1.02%)