



Spiced Orange and Date Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 0.8 teaspoon cinnamon
- ☐ 0.5 cup medjool dates pitted chopped
- ☐ 5 oranges

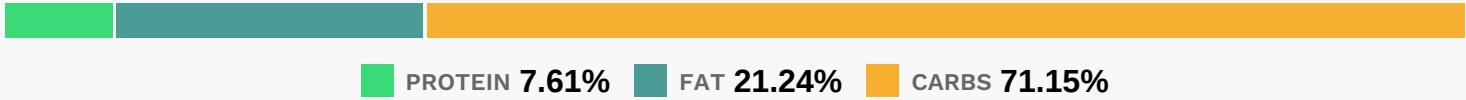
Equipment

- ☐ bowl

Directions

 Juice 1 orange. Peel and cut the remaining 4 into chunks. In a large bowl, mix juice, orange pieces, dates, almonds, and cinnamon until combined.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:6.63, Inflammation Score:-7, Nutrition Score:12.627826143866%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 44.62mg, Hesperetin: 44.62mg, Hesperetin: 44.62mg, Hesperetin: 44.62mg Naringenin: 25.12mg, Naringenin: 25.12mg, Naringenin: 25.12mg, Naringenin: 25.12mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 180.54kcal (9.03%), Fat: 4.69g (7.21%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 28.85g (10.49%), Sugar: 27.92g (31.02%), Cholesterol: 0mg (0%), Sodium: 0.31mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 87.13mg (105.61%), Fiber: 6.48g (25.91%), Manganese: 0.37mg (18.25%), Vitamin E: 2.59mg (17.28%), Potassium: 491.41mg (14.04%), Folate: 55.84µg (13.96%), Magnesium: 50.65mg (12.66%), Copper: 0.23mg (11.68%), Vitamin B1: 0.17mg (11.34%), Calcium: 105.06mg (10.51%), Vitamin B2: 0.18mg (10.5%), Vitamin A: 397.01IU (7.94%), Vitamin B6: 0.16mg (7.84%), Phosphorus: 77.55mg (7.75%), Vitamin B5: 0.6mg (6.01%), Vitamin B3: 1.09mg (5.43%), Iron: 0.69mg (3.84%), Zinc: 0.48mg (3.21%), Selenium: 1.2µg (1.71%)