



Spiced Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 cup mint leaves fresh finely
- ☐ 1 leaves cilantro leaves fresh rinsed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup olives black
- ☐ 6 oz onion red peeled sliced (see notes)
- ☐ 6 cranberry-orange relish ()
- ☐ 6 servings salt

- ☐ 1 teaspoon sugar
- ☐ 4 tablespoons citrus champagne vinegar

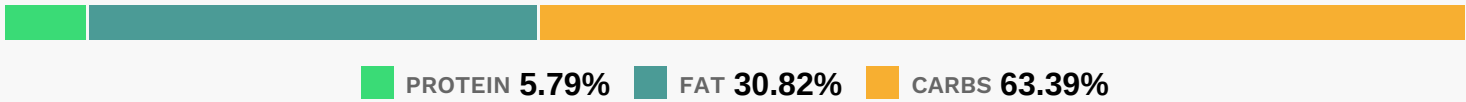
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ With a small, sharp knife, cut peel and white membrane from oranges. Slice the oranges crosswise 1/8 to 1/4 inch thick and discard seeds.
- ☐ In a small bowl, mix 4 tablespoons vinegar with olive oil and sugar. Stir in the spice blend.
- ☐ In a wide, shallow bowl, gently mix orange slices, onions, slivered mint, and chopped cilantro.
- ☐ Pour in dressing and mix gently. Taste and add salt and more vinegar if desired.
- ☐ Scatter olives, mint leaves, and cilantro leaves over the top. Spoon salad and dressing onto plates.
- ☐ Combine 3/4 teaspoon cumin seeds or ground cumin, 1/2 teaspoon paprika or mild ground dried chili, 1/2 teaspoon black peppercorns or 1/4 teaspoon ground black pepper, 1/2 teaspoon kosher salt, 1/4 teaspoon chopped fresh thyme leaves, 1/4 teaspoon curry powder, and 1/8 teaspoon ground cinnamon; if using whole spices, whirl mixture in a grinder or small food processor to a powder.

Nutrition Facts



Properties

Glycemic Index:33.93, Glycemic Load:6.28, Inflammation Score:-7, Nutrition Score:8.8700000617815%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 36.08mg, Hesperetin: 36.08mg, Hesperetin: 36.08mg, Hesperetin: 36.08mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin:

0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 117.01kcal (5.85%), Fat: 4.28g (6.58%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 15.49g (5.63%), Sugar: 14.18g (15.75%), Cholesterol: 0mg (0%), Sodium: 372.58mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 73.11mg (88.62%), Fiber: 4.31g (17.22%), Folate: 49.48µg (12.37%), Vitamin A: 519.07IU (10.38%), Potassium: 310.1mg (8.86%), Vitamin B1: 0.13mg (8.84%), Calcium: 74.83mg (7.48%), Vitamin E: 1.01mg (6.76%), Vitamin B6: 0.12mg (6.07%), Manganese: 0.12mg (5.99%), Magnesium: 20.66mg (5.16%), Copper: 0.1mg (4.89%), Vitamin B2: 0.07mg (4.2%), Vitamin B5: 0.38mg (3.79%), Phosphorus: 30.69mg (3.07%), Iron: 0.5mg (2.79%), Vitamin B3: 0.5mg (2.48%), Vitamin K: 2.61µg (2.48%), Selenium: 0.91µg (1.29%), Zinc: 0.19mg (1.27%)