



Spiced Orange Salad with Goat Cheese and Glazed Pecans



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 cup goat cheese crumbled
- ☐ 1 tablespoon brown sugar light
- ☐ 6 large navel oranges
- ☐ 3.5 oz pecans

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 6 cups watercress

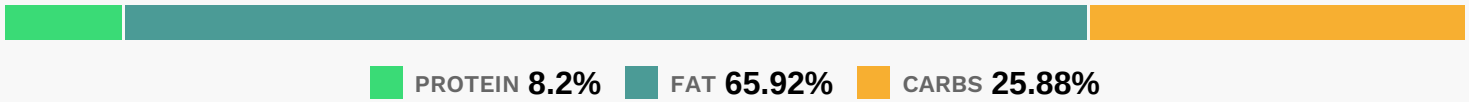
Equipment

- ☐ whisk

Directions

- ☐ Peel oranges, and cut into 1/4-inch-thick slices. Arrange watercress on a serving platter; top with orange slices.
- ☐ Whisk together canola oil and next 5 ingredients; drizzle over salad.
- ☐ Sprinkle with goat cheese and pecans.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:20.127826136091%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 329.8kcal (16.49%), Fat: 25.49g (39.21%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 17.62g (6.41%), Sugar: 14.78g (16.42%), Cholesterol: 8.7mg (2.9%), Sodium: 182.8mg (7.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin C: 98.18mg (119.01%), Vitamin K: 94.71µg (90.2%), Manganese: 0.9mg (45.02%), Vitamin A: 1678.94IU (33.58%), Copper: 0.42mg (21.18%), Fiber: 4.89g (19.54%), Vitamin B1: 0.25mg (16.62%), Vitamin E: 2.45mg (16.36%), Phosphorus: 148.32mg (14.83%), Folate: 57.77µg (14.44%), Calcium: 142.52mg (14.25%), Potassium: 428.02mg (12.23%), Vitamin B2: 0.21mg (12.18%), Vitamin B6: 0.24mg (12.03%), Magnesium: 46.79mg (11.7%), Vitamin B5: 0.75mg (7.5%), Zinc: 1.08mg (7.23%), Iron: 1.07mg (5.94%), Vitamin B3: 0.96mg (4.78%), Selenium: 1.56µg (2.23%)