



WHATSheATE



HEALTH SCORE

63%

Spinach and Arugula Salad with Orange



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups arugula



0.3 cup hazelnuts toasted chopped



1 optional: lemon



1 tablespoon marmalade



1 navel oranges peeled thinly sliced into discs



0.3 olive oil extra-virgin



0.5 small onion red very thinly sliced



4 servings salt and pepper black freshly ground

☐ 2 cups young spinach

Equipment

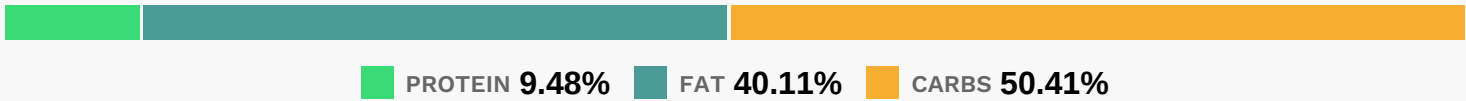
☐ bowl

☐ whisk

Directions

☐ In the bottom of a shallow salad bowl, combine the marmalade with the juice of 1 lemon then whisk in extra-virgin olive oil and season with salt and pepper. Toss greens with oranges and onions and season with salt and pepper. Top with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:13.613912984081%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 2.63mg, Naringenin: 2.63mg, Naringenin: 2.63mg, Naringenin: 2.63mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 98.23kcal (4.91%), Fat: 4.9g (7.54%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 10.8g (3.93%), Sugar: 7.25g (8.06%), Cholesterol: 0mg (0%), Sodium: 17.61mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 84.67µg (80.64%), Vitamin C: 42.64mg (51.68%), Vitamin A: 1738.56IU (34.77%), Manganese: 0.68mg (34.03%), Folate: 65.32µg (16.33%), Fiber: 3.06g (12.23%), Vitamin E: 1.58mg (10.56%), Copper: 0.19mg (9.57%), Magnesium: 36.53mg (9.13%), Potassium: 292.21mg (8.35%),

Vitamin B6: 0.15mg (7.29%), Vitamin B1: 0.11mg (7.08%), Calcium: 66.08mg (6.61%), Iron: 1.18mg (6.53%),
Phosphorus: 51.77mg (5.18%), Vitamin B2: 0.08mg (4.49%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.38mg (2.55%),
Vitamin B3: 0.47mg (2.34%)