



Strawberry and Mandarin Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds sliced
- 3 tablespoons apple cider vinegar
- 11 ounce mandarin orange segments drained canned
- 1 cup celery chopped
- 2 teaspoons parsley fresh chopped
- 1 dash ground pepper black
- 8 servings hot sauce
- 0.5 cup onion red chopped

- 1 teaspoon salt
- 12 ounce spring mix lettuce
- 1 cup strawberries fresh sliced
- 0.3 cup vegetable oil
- 2.5 tablespoons sugar white

Equipment

- frying pan
- whisk
- mixing bowl

Directions

- Heat a heavy-bottomed pan over medium heat. Stir the almonds and 3 tablespoons sugar together in the skillet; cook until the sugar has melted and coats the almonds; 15 to 20 minutes. Set aside.
- Whisk the vegetable oil, vinegar, hot sauce, 2 1/2 tablespoons sugar, salt, and pepper together in a bowl. Toss the spring mix, oranges, strawberries, celery, onion, and parsley together in a large mixing bowl; drizzle the vegetable oil mixture over the lettuce mixture and stir gently to coat.
- Sprinkle the toasted almonds over the salad to serve.

Nutrition Facts



PROTEIN 5.58% **FAT 64.27%** **CARBS 30.15%**

Properties

Glycemic Index:35.39, Glycemic Load:3.36, Inflammation Score:-7, Nutrition Score:8.2447826914165%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg

Catechin: 0.63mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg,
Epigallocatechin: 0.29mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg
Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–
gallate: 0.03mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–
gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin:
0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg,
Luteolin: 0.13mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg
Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin:
2.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 162.4kcal (8.12%), Fat: 12.1g (18.61%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 12.77g (4.26%), Net
Carbohydrates: 10.85g (3.94%), Sugar: 8.71g (9.67%), Cholesterol: 0mg (0%), Sodium: 317.41mg (13.8%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin C: 34.9mg (42.31%), Vitamin A: 1055.94IU (21.12%),
Vitamin K: 21.27µg (20.26%), Vitamin E: 2.36mg (15.75%), Manganese: 0.31mg (15.29%), Folate: 31.02µg (7.76%),
Fiber: 1.92g (7.69%), Magnesium: 29.55mg (7.39%), Potassium: 247.96mg (7.08%), Vitamin B2: 0.11mg (6.68%),
Phosphorus: 59.28mg (5.93%), Copper: 0.11mg (5.73%), Vitamin B1: 0.07mg (4.7%), Vitamin B6: 0.09mg (4.43%),
Iron: 0.73mg (4.04%), Vitamin B3: 0.74mg (3.69%), Calcium: 36.61mg (3.66%), Zinc: 0.54mg (3.59%), Vitamin B5:
0.14mg (1.44%), Selenium: 0.76µg (1.09%)