



Strawberry-Marmalade Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 4 navel oranges
- ☐ 0.3 cup orange marmalade
- ☐ 2 pints strawberries

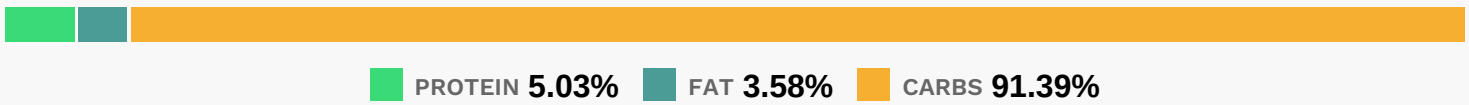
Equipment

- ☐ bowl
- ☐ serrated knife

Directions

- ☐ Using a sharp, serrated knife, cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into 1/8-inch-thick rounds.
- ☐ Hull and slice strawberries; add to oranges.
- ☐ In a small bowl, stir together marmalade and lemon juice.
- ☐ Add to fruit and mix gently to coat.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:9.5700000187625%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 15.85mg, Hesperetin: 15.85mg, Hesperetin: 15.85mg, Hesperetin: 15.85mg Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 105.78kcal (5.29%), Fat: 0.47g (0.72%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 22.95g (8.35%), Sugar: 19.83g (22.03%), Cholesterol: 0mg (0%), Sodium: 9.39mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 113.02mg (136.99%), Manganese: 0.48mg (24%), Fiber: 4.01g (16.04%), Folate: 54.14µg (13.54%), Potassium: 305.99mg (8.74%), Magnesium: 23.57mg (5.89%),

Vitamin B6: 0.12mg (5.76%), Calcium: 54.32mg (5.43%), Vitamin B1: 0.08mg (5.17%), Copper: 0.1mg (4.83%),
Phosphorus: 45.32mg (4.53%), Vitamin A: 195.59IU (3.91%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.76mg
(3.82%), Vitamin B5: 0.34mg (3.37%), Iron: 0.6mg (3.33%), Vitamin E: 0.46mg (3.08%), Vitamin K: 2.6µg (2.48%),
Zinc: 0.23mg (1.53%)