



Strawberry-Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 4 navel oranges
- ☐ 2 pounds strawberries
- ☐ 0.8 cup sugar

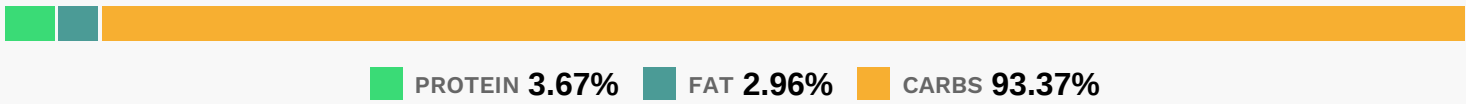
Equipment

- ☐ bowl
- ☐ knife
- ☐ cutting board

Directions

- ☐ Bring 1 1/2 cups water and sugar to a boil. Cook just until clear, 2 to 3 minutes.
- ☐ Let syrup cool very briefly, then add 1/4 cup thinly sliced fresh basil leaves. Set aside to steep and cool.
- ☐ Rinse and hull strawberries and cut them into quarters (or sixths if very large).
- ☐ With a small, sharp knife, cut ends off oranges. Set 1 orange cut side down on a cutting board. Following its curve with the knife, slice off peel and white pith. Holding orange over a bowl to catch juice, cut between inner membranes and fruit to release segments; drop segments into bowl. Squeeze juice from membranes into bowl and discard membranes. Repeat with remaining oranges.
- ☐ Add strawberries to oranges and pour basil syrup over fruit. Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:15.67, Inflammation Score:-6, Nutrition Score:9.5165217881617%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 142.95kcal (7.15%), Fat: 0.51g (0.78%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 32.36g (11.77%), Sugar: 30.21g (33.57%), Cholesterol: 0mg (0%), Sodium: 2.05mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 108.18mg (131.13%), Manganese: 0.47mg (23.37%), Fiber: 3.82g (15.28%), Folate: 51.53µg (12.88%), Potassium: 292.29mg (8.35%), Magnesium: 22.92mg (5.73%), Vitamin B6: 0.11mg (5.49%), Vitamin K: 5.61µg (5.34%), Vitamin B1: 0.08mg (5%), Calcium: 49.76mg (4.98%), Vitamin A: 226.07IU (4.52%), Phosphorus: 43.74mg (4.37%), Copper: 0.09mg (4.3%), Vitamin B2: 0.06mg (3.81%), Vitamin B3: 0.74mg (3.71%), Iron: 0.59mg (3.27%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.44mg (2.93%), Zinc: 0.22mg (1.48%)