



Sunshine Citrus Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup planters almonds chopped
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 pink grapefruit red
- 1 large navel oranges
- 3 onion red separated thin
- 4 cups torn salad greens mixed
- 2 Tbsp sugar

Equipment

frying pan

knife

Directions

Cook nuts and sugar in nonstick skillet on medium heat 3 to 5 min. or until sugar is melted and nuts are evenly coated with glaze. Cool.

Meanwhile, use small sharp knife to cut peels and white pith from fruit.

Cut each piece of fruit crosswise into 8 slices. Alternately arrange fruit, with slices slightly overlapping, around edge of platter. Toss salad greens with onions; place in center of platter.

Drizzle salad with dressing just before serving. Break nuts into small pieces; sprinkle over salad.

Nutrition Facts



PROTEIN 7.34% **FAT 40.71%** **CARBS 51.95%**

Properties

Glycemic Index:5.28, Glycemic Load:1.19, Inflammation Score:-3, Nutrition Score:1.8008695699922%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 33.98kcal (1.7%), Fat: 1.62g (2.5%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 23.51mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 8.97mg (10.87%), Vitamin A: 204.57IU (4.09%), Manganese: 0.06mg (3.15%), Fiber: 0.69g (2.76%), Vitamin E: 0.39mg (2.6%), Folate: 8.74µg (2.19%), Magnesium: 7.42mg (1.86%), Potassium: 63.9mg (1.83%), Vitamin B2: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.64%), Phosphorus: 16.33mg (1.63%), Copper: 0.03mg (1.43%), Vitamin B1: 0.02mg (1.28%), Calcium: 12.62mg (1.26%)