

Sunshine Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces the salad mixed
- ☐ 6 ounces lettuce
- ☐ 22 ounces mandarin orange segents drained canned
- ☐ 0.5 cup cheese dressing blue reduced-fat
- ☐ 0.3 cup bacon bits

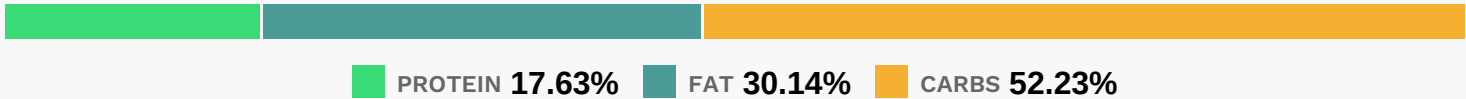
Equipment

- ☐ bowl

Directions

- ☐ Toss greens, lettuce and oranges in large salad bowl; refrigerate.
- ☐ Just before serving, toss with dressing.
- ☐ Sprinkle with bacon bits.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:5.18, Inflammation Score:-8, Nutrition Score:9.3586957143701%

Flavonoids

Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 149.4kcal (7.47%), Fat: 5.27g (8.11%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 16.99g (6.18%), Sugar: 12.15g (13.5%), Cholesterol: 0.2mg (0.07%), Sodium: 441.56mg (19.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Vitamin C: 39.82mg (48.27%), Vitamin A: 1387.57IU (27.75%), Folate: 59.64µg (14.91%), Fiber: 3.55g (14.21%), Vitamin B1: 0.17mg (11.27%), Phosphorus: 90.35mg (9.04%), Potassium: 313.87mg (8.97%), Magnesium: 33.57mg (8.39%), Calcium: 81.15mg (8.12%), Vitamin E: 1.22mg (8.11%), Vitamin K: 7.93µg (7.56%), Copper: 0.15mg (7.36%), Manganese: 0.15mg (7.27%), Vitamin B6: 0.15mg (7.27%), Vitamin B2: 0.1mg (5.75%), Vitamin B3: 0.91mg (4.53%), Iron: 0.77mg (4.26%), Vitamin B12: 0.2µg (3.41%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.31mg (3.07%), Selenium: 1.62µg (2.32%)