



Tossed Greens with Sesame and Oranges



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bean sprouts canned rinsed drained
- ☐ 3 oz mushrooms fresh sliced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 5 cups lettuce
- ☐ 11 oz mandarin orange segments canned
- ☐ 0.3 cup onion red sliced
- ☐ 3 tablespoons seasoned rice vinegar

- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons sesame seed toasted

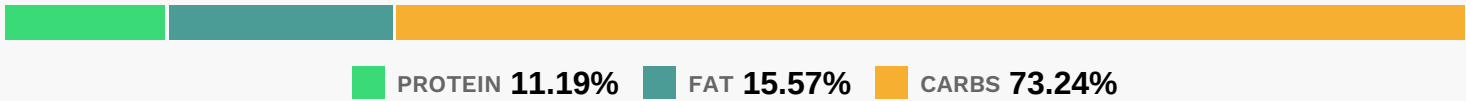
Equipment

- ☐ bowl

Directions

- ☐ Drain orange segments, reserving 2 tablespoons liquid for dressing.
- ☐ Place orange segments in shallow glass or plastic dish. In tightly covered container, shake orange liquid, vinegar, honey, oil and cinnamon until well blended.
- ☐ Pour over oranges. Cover and refrigerate at least 15 minutes.
- ☐ In large bowl, toss lettuce, mushrooms, bean sprouts and onion. Spoon oranges and dressing onto salad; toss lightly.
- ☐ Sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:4.67, Inflammation Score:-6, Nutrition Score:6.5743478445903%

Flavonoids

Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg, Naringenin: 5.21mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 69.72kcal (3.49%), Fat: 1.33g (2.05%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 11.73g (4.26%), Sugar: 10.94g (12.16%), Cholesterol: 0mg (0%), Sodium: 9.52mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 18.82mg (22.81%), Vitamin K: 20.32µg (19.35%), Vitamin A: 659.14IU (13.18%), Folate: 41.11µg (10.28%), Fiber: 2.37g (9.47%), Manganese: 0.18mg (8.84%), Potassium: 260.04mg (7.43%), Copper: 0.14mg (7.14%), Vitamin B2: 0.12mg (6.92%), Vitamin B1: 0.09mg (6.01%), Vitamin B6:

0.11mg (5.63%), Phosphorus: 51.2mg (5.12%), Vitamin B3: 0.96mg (4.78%), Magnesium: 18.76mg (4.69%), Vitamin B5: 0.46mg (4.59%), Calcium: 42.36mg (4.24%), Iron: 0.69mg (3.83%), Selenium: 1.88µg (2.68%), Zinc: 0.35mg (2.31%), Vitamin E: 0.24mg (1.63%)