



Tossed Romaine and Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 33 ounce mandarin orange segments canned
- 0.5 teaspoon ground pepper black
- 3 tablespoons olive oil
- 0.5 cup orange juice
- 2 tablespoons red wine vinegar
- 1 large head romaine lettuce – torn washed and dried
- 0.3 teaspoon salt
- 0.5 cup slivered almonds

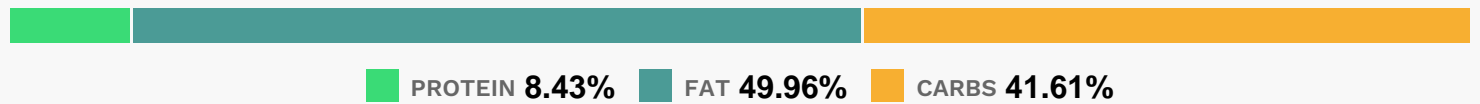
Equipment

- bowl
- whisk

Directions

- Prepare the dressing by whisking together the orange juice, olive oil, vinegar, pepper and salt; set aside.
- In a large bowl, combine the romaine and oranges.
- Add enough dressing to coat and toss well.
- Sprinkle with almonds and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:28.345651979032%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 17.87g (27.49%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 25.57g (9.3%), Sugar: 24.35g (27.06%), Cholesterol: 0mg (0%), Sodium: 170.86mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.57%), Vitamin A: 16763.21IU (335.26%), Vitamin K: 167.17µg (159.21%), Vitamin C: 101.08mg (122.53%), Folate: 239.82µg (59.95%), Vitamin E: 5.54mg (36.92%), Fiber:

7.91g (31.62%), Manganese: 0.59mg (29.55%), Vitamin B1: 0.37mg (24.96%), Potassium: 871.97mg (24.91%), Magnesium: 88.23mg (22.06%), Vitamin B2: 0.34mg (20.06%), Copper: 0.33mg (16.39%), Iron: 2.83mg (15.72%), Phosphorus: 143.88mg (14.39%), Zinc: 2.04mg (13.61%), Vitamin B6: 0.25mg (12.4%), Calcium: 121.19mg (12.12%), Vitamin B3: 2.15mg (10.73%), Vitamin B5: 0.35mg (3.48%), Selenium: 2.16µg (3.08%)