



Winter Fruit-and-Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

Ingredients

- ☐ 8 servings basil vinaigrette
- ☐ 1 cucumber seedless sliced
- ☐ 1 medium ruby grapefruit red peeled
- ☐ 1 green onion thinly sliced
- ☐ 1 bunches leaf lettuce red
- ☐ 2 medium navel oranges peeled
- ☐ 1 small onion red thinly sliced

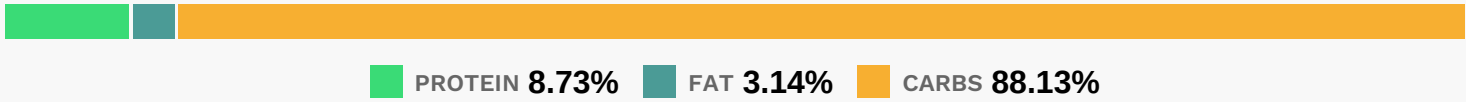
Equipment

bowl

Directions

Toss first 6 ingredients in a large bowl; serve with Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:5.4073912980764%

Flavonoids

Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 12.93mg, Naringenin: 12.93mg, Naringenin: 12.93mg, Naringenin: 12.93mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 42.67kcal (2.13%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.85g (3.22%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 2mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 33.38mg (40.46%), Vitamin K: 17.78µg (16.94%), Vitamin A: 623.92IU (12.48%), Fiber: 1.78g (7.1%), Folate: 23.66µg (5.92%), Potassium: 186.77mg (5.34%), Manganese: 0.09mg (4.51%), Vitamin B6: 0.08mg (4.01%), Vitamin B1: 0.06mg (3.71%), Magnesium: 14.57mg (3.64%), Calcium: 35.91mg (3.59%), Vitamin B5: 0.29mg (2.95%), Phosphorus: 28.51mg (2.85%), Vitamin B2: 0.05mg (2.75%), Copper: 0.05mg (2.68%), Iron: 0.29mg (1.62%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.17mg (1.14%)