



## Winter Orange Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups baby spinach leaves
- 1 teaspoon mustard dry
- 2 teaspoons olive oil extravirgin
- 2 ounces feta cheese crumbled
- 3 cups torn leaf lettuce red
- 2 tablespoons orange juice fresh
- 3 cups orange sections ( 3 large oranges)
- 1 cup onion red thinly sliced

- 3 cups torn romaine lettuce
- 0.5 teaspoon salt
- 2 tablespoons shallots minced
- 3 tablespoons sherry vinegar
- 2 tablespoons sugar

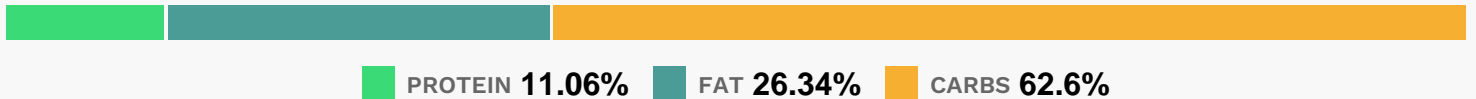
## Equipment

- bowl
- whisk

## Directions

- To prepare vinaigrette, combine first 7 ingredients in a small bowl; stir with a whisk. Set aside.
- To prepare salad, combine orange sections, romaine, red leaf lettuce, and spinach in a large bowl.
- Add onion and cheese.
- Pour vinaigrette over salad mixture; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:46.77, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:18.565217339474%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 25.2mg, Hesperetin: 25.2mg, Hesperetin: 25.2mg, Hesperetin: 25.2mg Naringenin: 13.91mg, Naringenin: 13.91mg, Naringenin: 13.91mg, Naringenin: 13.91mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

## Nutrients (% of daily need)

Calories: 122.53kcal (6.13%), Fat: 3.81g (5.86%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 16.64g (6.05%), Sugar: 14.71g (16.34%), Cholesterol: 8.41mg (2.8%), Sodium: 320.98mg (13.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin K: 117.27µg (111.68%), Vitamin A: 4756.76IU (95.14%), Vitamin C: 58.69mg (71.14%), Folate: 104.56µg (26.14%), Fiber: 3.72g (14.89%), Manganese: 0.28mg (14.09%), Calcium: 119.31mg (11.93%), Potassium: 403.6mg (11.53%), Vitamin B2: 0.18mg (10.7%), Vitamin B1: 0.15mg (10.17%), Vitamin B6: 0.2mg (10.09%), Magnesium: 33.14mg (8.29%), Phosphorus: 76.82mg (7.68%), Iron: 1.14mg (6.32%), Vitamin E: 0.75mg (5.02%), Copper: 0.1mg (4.87%), Selenium: 3.22µg (4.6%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.65mg (3.25%), Vitamin B12: 0.16µg (2.66%)