

## Winter Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 0.3 teaspoon dijon mustard
- 1 cup grapefruit sections ( 1 large grapefruit)
- 0.5 teaspoon soya sauce low-sodium
- 8 cups salad greens mixed
- 2 teaspoons olive oil extra-virgin
- 1 tablespoon orange juice fresh

- 1 cup onion red thinly sliced
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt
- 0.5 teaspoon sugar
- 0.3 cup walnuts coarsely chopped

## Equipment

- bowl

## Directions

- Combine first 9 ingredients in a small bowl.
- Combine salad greens, grapefruit, onion, and walnuts in a large bowl.
- Drizzle with vinegar mixture, tossing to coat.

## Nutrition Facts



## Properties

Glycemic Index:51.35, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:6.0621738641158%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 12.57mg, Naringenin: 12.57mg, Naringenin: 12.57mg, Naringenin: 12.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

## Nutrients (% of daily need)

Calories: 85.4kcal (4.27%), Fat: 4.65g (7.15%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.73g (3.17%), Sugar: 4.87g (5.42%), Cholesterol: 0mg (0%), Sodium: 81.86mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin C: 27.81mg (33.71%), Vitamin A: 1054.48IU (21.09%), Manganese: 0.31mg (15.36%), Folate: 35.62µg (8.91%), Copper: 0.13mg (6.54%), Potassium: 217.44mg (6.21%), Vitamin B6: 0.12mg (6.17%), Fiber: 1.43g (5.73%), Phosphorus: 54.74mg (5.47%), Magnesium: 21.05mg (5.26%),

Vitamin B1: 0.06mg (4.3%), Iron: 0.64mg (3.54%), Vitamin B2: 0.06mg (3.25%), Calcium: 28.28mg (2.83%), Vitamin B3: 0.48mg (2.38%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.35mg (2.3%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.18µg (1.13%), Selenium: 0.71µg (1.01%)