



Healthdor

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Outrageous Orange with Cashews ♦♦

This vegetarian recipe combines the refreshing taste of oranges with the crunchiness of cashews. It is a perfect dish for a light and healthy meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g oranges

100 g Cashews

Directions

Step 1

Cut

Peel and segment the oranges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the cashews into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Combine the oranges and cashews in a bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Course

Breads Salads Snacks Sauces & Dressings

Cultural

Diwali St. Patrick's Day

Diet

TLC Diet (Therapeutic Lifestyle Changes) Vegetarian Diet Vegan Diet
Pescatarian Diet Low Sodium Diet The Fast Metabolism Diet
Nutrient Timing Diet The 80/10/10 Diet The Gerson Therapy

The Scarsdale Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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