



Aphrodite's Dream

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- 10 ounce baby salad greens mixed
- 1 pinch cayenne pepper to taste
- 1 pinch sage dried to taste
- 6 servings ground pepper black to taste
- 0.3 cup olive oil
- 1 cranberry-orange relish peeled cut into bite-size pieces
- 1 tablespoon orange juice to taste
- 1 pomegranate separated peeled

- 6 servings salt to taste
- 3 tablespoons citrus champagne vinegar

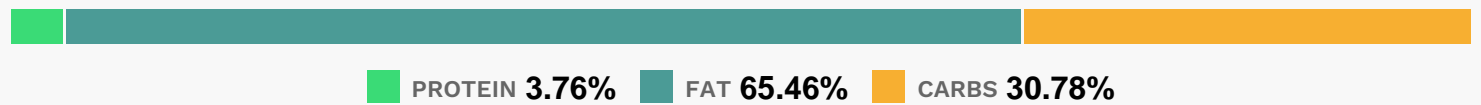
Equipment

- bowl
- whisk

Directions

- In a large salad bowl, whisk together the olive oil, white wine vinegar, salt, black pepper, sage, cayenne pepper, and orange juice.
- Place the baby salad greens into the salad bowl and lightly toss to coat with dressing.
- Sprinkle salad with pomegranate seeds and orange pieces.
- Toss again and serve.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:5.67, Inflammation Score:-6, Nutrition Score:6.6717392050702%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 6.29mg, Hesperetin: 6.29mg, Hesperetin: 6.29mg, Hesperetin: 6.29mg Naringenin: 3.41mg, Naringenin: 3.41mg, Naringenin: 3.41mg, Naringenin: 3.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 166.44kcal (8.32%), Fat: 12.64g (19.45%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 10.87g (3.95%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 208.4mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin C: 28.89mg (35.02%), Vitamin K: 17.97µg

(17.11%), Vitamin E: 2.07mg (13.79%), Vitamin A: 608.86IU (12.18%), Folate: 43.23µg (10.81%), Fiber: 2.51g (10.03%), Manganese: 0.15mg (7.67%), Potassium: 243.91mg (6.97%), Copper: 0.11mg (5.63%), Vitamin B6: 0.09mg (4.62%), Vitamin B1: 0.07mg (4.58%), Phosphorus: 39.84mg (3.98%), Magnesium: 14.55mg (3.64%), Iron: 0.63mg (3.48%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.3mg (2.95%), Vitamin B3: 0.48mg (2.41%), Calcium: 23.8mg (2.38%), Zinc: 0.29mg (1.95%)