



Apple and Pomegranate Quinoa and Kale Salad with Feta in a Curried Maple Dijon Dressing



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large apples diced finely sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon curry powder
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup feta crumbled
- ☐ 1 clove garlic minced

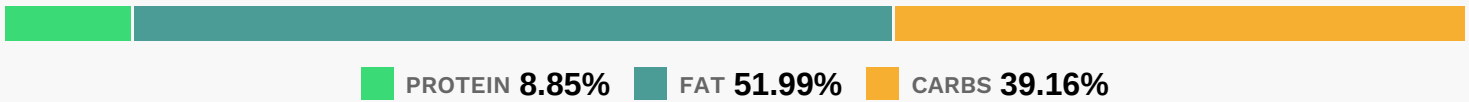
- ☐ 6 cups kale finely sliced
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pomegranate
- ☐ 0.3 cup quinoa rinsed
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup walnuts coarsely chopped
- ☐ 0.5 cup water

Equipment

Directions

- ☐ Bring the quinoa and water to a boil, reduce the heat and simmer, covered, until the water is absorbed, about 15 minute, turn the heat off and let sit, covered, for 5 minutes.Meanwhile, prepare the remaining ingredients.Toss the kale, quinoa, pomegranate, walnuts and feta with the mixture of the vinegar, oil, garlic, maple syrup, dijon mustard, curry powder, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:80.38, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:19.473043338112%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 257.5kcal (12.87%), Fat: 15.5g (23.85%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 21.36g (7.77%), Sugar: 11.34g (12.6%), Cholesterol: 8.34mg (2.78%), Sodium: 349.42mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin K: 131.38µg (125.13%), Vitamin A: 3224.27IU (64.49%), Manganese: 0.95mg (47.64%), Vitamin C: 33.86mg (41.04%), Fiber: 4.91g (19.64%), Vitamin B2: 0.33mg (19.62%), Folate: 63.64µg (15.91%), Calcium: 156.06mg (15.61%), Phosphorus: 155.74mg (15.57%), Magnesium: 59.95mg (14.99%), Copper: 0.27mg (13.48%), Vitamin E: 1.88mg (12.55%), Vitamin B6: 0.24mg (12.11%), Vitamin B1: 0.16mg (10.37%), Potassium: 349.44mg (9.98%), Iron: 1.72mg (9.58%), Zinc: 1.21mg (8.06%), Selenium: 4.33µg (6.19%), Vitamin B3: 0.89mg (4.44%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.16µg (2.64%)