



Arugula and Halloumi Salad with Pomegranate Molasses Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups baby arugula loosely packed
- ☐ 0.5 cup cherries dried pitted
- ☐ 1 small fennel bulb ends trimmed thinly sliced
- ☐ 8 ounces halloumi cheese cut into 8 slices
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
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- ☐ 0.8 teaspoon mint leaves dried crumbled
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 small sprigs oregano (4 in. each)
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons pomegranate molasses
- ☐ 4 servings the salad
- ☐ 4 servings the dressing

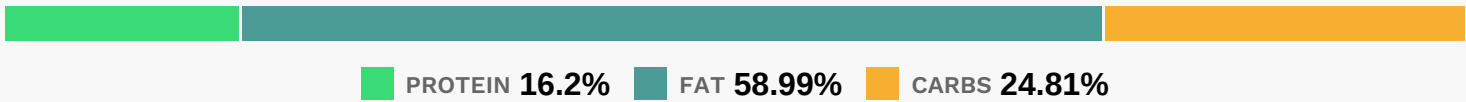
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make dressing: Stir ingredients together in a small bowl and set aside.
- ☐ Make salad: Toss fennel and lemon juice in a small bowl. Put arugula and cherries in a large bowl; set aside.
- ☐ Heat a large nonstick frying pan over medium-high heat.
- ☐ Add halloumi and oregano to dry pan; cook, turning once, until cheese browns (it will exude brine, then dry out), 4 to 6 minutes total.
- ☐ Remove from heat and discard oregano.
- ☐ Toss arugula and cherries with just enough dressing to coat, then toss with fennel. Divide among plates. Top salads with halloumi.
- ☐ Drizzle dressing over cheese.
- ☐ *Find at well-stocked supermarkets.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:14.055652012401%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 378.51kcal (18.93%), Fat: 25.16g (38.71%), Saturated Fat: 11.24g (70.24%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 19.65g (7.14%), Sugar: 14.82g (16.47%), Cholesterol: 0.41mg (0.14%), Sodium: 1030.11mg (44.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.09%), Vitamin K: 77.39µg (73.71%), Calcium: 671.74mg (67.17%), Vitamin A: 1683.34IU (33.67%), Vitamin C: 22.02mg (26.69%), Fiber: 4.17g (16.68%), Manganese: 0.32mg (15.96%), Folate: 58.3µg (14.57%), Vitamin E: 2.18mg (14.54%), Potassium: 423.27mg (12.09%), Iron: 1.74mg (9.66%), Magnesium: 29.36mg (7.34%), Phosphorus: 60.36mg (6.04%), Vitamin B6: 0.09mg (4.55%), Copper: 0.09mg (4.34%), Vitamin B2: 0.07mg (3.95%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.35mg (2.35%), Vitamin B1: 0.03mg (2.15%), Selenium: 0.75µg (1.07%)