



Arugula Salad with Roasted Eggplant and Sweet Pomegranate Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large handfuls arugula leaves
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups cherry tomatoes sliced
- ☐ 1 Tbsp dijon mustard
- ☐ 2 medium eggplants
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tsp fennel seeds whole

- ☐ 1 clove garlic
- ☐ 0.3 cup honey
- ☐ 1 juice of lemon
- ☐ 0.3 cup peanut and olive oil
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.3 cup pomegranate molasses
- ☐ 0.5 cup pomegranate seeds fresh
- ☐ 1 small onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 6 servings sea salt

Equipment

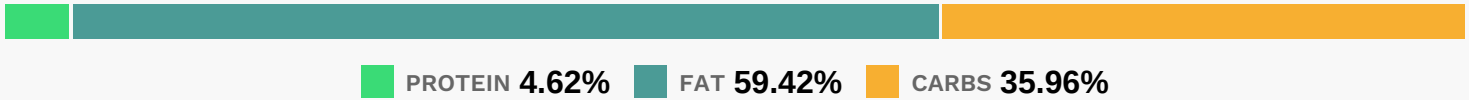
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Peel and cut the eggplants into thick rounds of about 1 inch thick, brush both sides with oil, sprinkle with sea salt and place on a shallow baking sheet.
- ☐ Place in the oven to roast until golden and cooked through, about 15 minutes.
- ☐ Remove, cool completely and slice each round in half. Set aside.
- ☐ Using a mortar and pestle, crush the fennel seeds and garlic to make a paste.
- ☐ Add the balsamic vinegar, honey, lemon juice, Dijon mustard, pomegranate molasses and olive oil.
- ☐ Whisk together to emulsify the dressing. Set aside.
- ☐ In a shallow serving platter lay the arugula leaves.

- ☐
- Sprinkle the onion, tomatoes, salt and pepper on top. Toss to combine. Scatter the eggplant slices on the salad.
- ☐
- Drizzle some dressing all over.
- ☐
- Garnish with pine nuts and pomegranate seeds.
- ☐
- Serve immediately, with crusty olive bread and olives on the side.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:10.16, Inflammation Score:-7, Nutrition Score:16.253912894622%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 381.58kcal (19.08%), Fat: 26.49g (40.75%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 29.22g (10.63%), Sugar: 26.75g (29.72%), Cholesterol: 0mg (0%), Sodium: 432.66mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Manganese: 1.57mg (78.42%), Vitamin K: 40.53µg (38.6%), Vitamin E: 4.54mg (30.25%), Fiber: 6.84g (27.37%), Vitamin C: 21.83mg (26.47%), Potassium: 674.97mg (19.28%), Copper: 0.37mg (18.38%), Magnesium: 69.58mg (17.39%), Folate: 66.95µg (16.74%), Phosphorus: 142.1mg (14.21%), Vitamin A: 601.03IU (12.02%), Vitamin B6: 0.24mg (11.84%), Iron: 2mg (11.12%), Vitamin B1: 0.15mg (10.1%), Vitamin B3: 1.93mg (9.65%), Zinc: 1.27mg (8.47%), Vitamin B2: 0.13mg (7.49%), Vitamin B5: 0.69mg (6.87%), Calcium: 62.81mg (6.28%), Selenium: 2.03µg (2.89%)