



## Bibb and Radicchio Salad with Persimmons and Pomegranates



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 cups torn bibb lettuce ( 2 small heads)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 fuyu persimmon pulp ripe halved lengthwise thinly sliced
- ☐ 1 pomegranate
- ☐ 4 cups torn radicchio ( 1 small head)

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

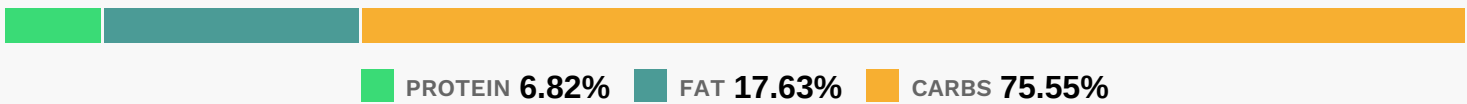
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ juicer

## Directions

- ☐ Cut pomegranate in half.
- ☐ Remove seeds from one pomegranate half, being careful not to burst the individual juice sacs; set seeds aside. Squeeze 2 tablespoons juice from other pomegranate half using a citrus reamer or juicer.
- ☐ Combine pomegranate juice, balsamic vinegar, red wine vinegar, oil, salt, and pepper, stirring with a whisk.
- ☐ Combine lettuce, radicchio, persimmon, and pomegranate seeds in a large bowl.
- ☐ Drizzle juice mixture over lettuce mixture; toss gently to coat.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.17, Glycemic Load:9.55, Inflammation Score:-7, Nutrition Score:10.953043548957%

## Flavonoids

Cyanidin: 33.86mg, Cyanidin: 33.86mg, Cyanidin: 33.86mg, Cyanidin: 33.86mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg 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 Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 99.75kcal (4.99%), Fat: 2.14g (3.29%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.1g (6.58%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 203.86mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin K: 110.68µg (105.41%), Vitamin C: 26.65mg (32.31%), Vitamin A: 1111.43IU (22.23%), Folate: 58.2µg (14.55%), Potassium: 362.16mg (10.35%), Fiber: 2.5g (9.99%), Copper: 0.17mg (8.61%), Manganese: 0.16mg (8.14%), Iron: 1.45mg (8.06%), Vitamin E: 1.14mg (7.58%), Phosphorus: 46.64mg (4.66%), Vitamin B6: 0.08mg (3.9%), Vitamin B1: 0.05mg (3.65%), Magnesium: 13.94mg (3.48%), Vitamin B2: 0.05mg (3.12%), Calcium: 30.18mg (3.02%), Vitamin B5: 0.3mg (3%), Zinc: 0.4mg (2.67%), Vitamin B3: 0.33mg (1.63%)