



Blueberry Pomegranate Quinoa Kale Salad

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup blueberries
- 1 cup cucumber thinly sliced quartered
- 2 tablespoons dijon mustard
- 1 tablespoon olive oil extra virgin
- 0.3 teaspoon garlic salt
- 1 orange juice juiced
- 1 bunch kale green deveined thinly sliced

- 0.3 teaspoon kosher salt
- 1 optional: lemon
- 3 tablespoons olive oil
- 2 tablespoons parmesan shredded
- 0.3 cup pistachios shelled
- 0.3 cup pomegranate seeds
- 1 cup quinoa dry

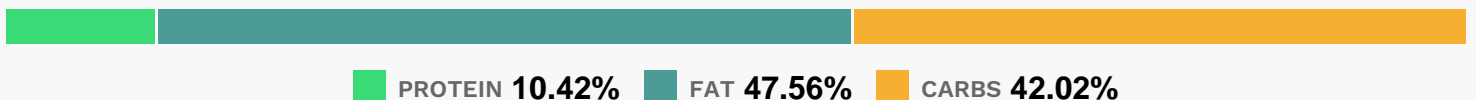
Equipment

- mixing bowl
- canning jar

Directions

- Place deveined kale into a large mixing bowl.
- Drizzle olive oil over kale and massage oil into kale with hands. Squeeze juice of lemon over salad and stir in Parmesan, blueberries, pomegranate and cucumbers. To prepare dressing, place olive oil, mustard, salt and pepper into a small mason jar with a lid, shaking until well combined/emulsified.
- Drizzle over salad and stir to combine. Cook quinoa according to package directions.
- Let cool for 15 minutes.
- Place into large mixing bowl. Stir in olive oil, orange juice, salt, pepper and garlic salt. To serve, place kale salad onto plates and top with quinoa.
- Garnish with additional pomegranate seeds and pistachios if desired.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:2.97, Inflammation Score:-9, Nutrition Score:19.464782741893%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 265.06kcal (13.25%), Fat: 14.58g (22.42%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 23.79g (8.65%), Sugar: 5.64g (6.27%), Cholesterol: 1.13mg (0.38%), Sodium: 290mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Vitamin K: 97.85µg (93.19%), Vitamin C: 38.88mg (47.13%), Manganese: 0.93mg (46.33%), Vitamin A: 2260IU (45.2%), Fiber: 5.18g (20.72%), Folate: 80.82µg (20.21%), Magnesium: 79.95mg (19.99%), Phosphorus: 198.27mg (19.83%), Vitamin E: 2.54mg (16.92%), Vitamin B6: 0.31mg (15.49%), Copper: 0.3mg (15.12%), Vitamin B1: 0.22mg (14.54%), Iron: 2.26mg (12.58%), Vitamin B2: 0.21mg (12.26%), Potassium: 407.83mg (11.65%), Calcium: 108.24mg (10.82%), Zinc: 1.27mg (8.48%), Selenium: 5.2µg (7.44%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.45mg (4.52%)