



Chicory, pomegranate & feta salad



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 endive separated
- ☐ 100 g watercress thick
- ☐ 1 pomegranate halved
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tbsp red wine vinegar
- ☐ 140 g feta cheese crumbled

Equipment

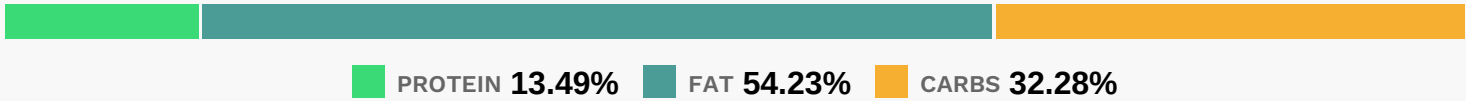
- ☐ bowl

☐ sieve

Directions

- ☐ In a large serving bowl, throw together the salad leaves. Push a quarter of the pomegranate seeds through a fine sieve over a bowl to catch the juice.
- ☐ Stir the olive oil, vinegar and some seasoning into the juice to make a dressing, then add to the leaves with the remaining seeds and feta.
- ☐ Toss and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:28.073043621105%

Flavonoids

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 26.56mg, Kaempferol: 26.56mg, Kaempferol: 26.56mg, Kaempferol: 26.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 203.28kcal (10.16%), Fat: 13.03g (20.05%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.03g (7.82%), Cholesterol: 20.77mg (6.92%), Sodium: 324.08mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin K: 573.76µg (546.44%), Vitamin A: 5506.05IU (110.12%), Folate: 346.33µg (86.58%), Manganese: 1.05mg (52.46%), Fiber: 8.94g (35.75%), Vitamin C: 26.6mg (32.24%), Calcium: 256.95mg (25.7%), Potassium: 887.93mg (25.37%), Vitamin B5: 2.48mg (24.79%), Vitamin B2: 0.41mg (24.15%), Zinc: 2.63mg (17.55%), Vitamin B1: 0.26mg (17.49%), Phosphorus: 168.75mg (16.88%), Vitamin E: 2.49mg (16.59%), Copper: 0.32mg (15.88%), Iron: 2.24mg (12.47%), Magnesium: 47.42mg (11.86%), Vitamin B6: 0.2mg (10.03%), Vitamin B12: 0.39µg (6.57%), Vitamin B3: 1.3mg (6.51%), Selenium: 4.34µg (6.19%)