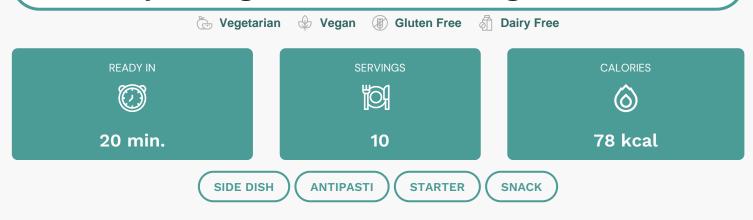


Chicory, Tangerine, and Pomegranate Salad



Ingredients

1 cup shallots sliced

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	0.3 teaspoon pepper black as needed freshly ground plus more
	1 pound salad leaves curly endive mixed dried washed (such as escarole, radicchio, curly endive, of frisée)
	1 tablespoon granulated sugar
	1.5 teaspoons kosher salt as needed plus more
	2 tablespoons olive oil
	0.5 cup pomegranate seeds (from 1 small pomegranate)
	0.3 cup red wine vinegar

	1 cup 1 tangerine (from 4 medium tangerines)	
	2 tablespoons tangerine juice freshly squeezed	
	2 teaspoons coarse mustard	
Equipment		
	bowl	
	sauce pan	
	whisk	
	sieve	
Directions		
	Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Bring a small saucepan of well-salted water to a boil over high heat.	
	Add the shallots and blanch until tender, about 30 seconds.	
	Drain and place the shallots in the ice water bath until cool.	
	Drain and set aside.	
	Combine the vinegar, sugar, and 1 teaspoon of the salt in a small saucepan and bring to a boil over medium heat, stirring until the sugar has dissolved.	
	Pour the boiling liquid over the reserved shallots and pickle until the shallots are slightly wilted and have lost any sharp taste, about 5 minutes.	
	Drain the shallots into a strainer set over a large, heatproof salad bowl, collecting any pickling liquid in the bowl; set the shallots aside.	
	Whisk the tangerine juice, mustard, remaining 1/2 teaspoon salt, and measured pepper into the pickling liquid. Slowly drizzle in the olive oil while whisking until the vinaigrette is emulsified. Taste and adjust the seasoning as needed.	
	Add the chicory and tangerine segments and toss well to combine. Top with the pomegranate seeds and pickled shallots and serve.Beverage pairing: Cesconi Traminer, Italy. Traminer is a relative of Gewürztraminer, but it doesn't have as much bitter florality. It does, however, have wonderfully bright acidity, lively citrus flavors, and a hint of green, making it a punchy pairing with this salad.	

Nutrition Facts

Properties

Glycemic Index:27.31, Glycemic Load:3.56, Inflammation Score:-9, Nutrition Score:13.056956441506%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 77.5kcal (3.88%), Fat: 3.16g (4.86%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.52g (3.1%), Sugar: 6.87g (7.64%), Cholesterol: Omg (0%), Sodium: 384.45mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin K: 138.31µg (131.72%), Vitamin A: 2735.39IU (54.71%), Vitamin C: 19.74mg (23.92%), Folate: 64.4µg (16.1%), Manganese: 0.3mg (14.86%), Fiber: 3.31g (13.25%), Vitamin E: 1.53mg (10.23%), Potassium: 331.91mg (9.48%), Copper: 0.18mg (8.95%), Vitamin B6: 0.15mg (7.63%), Vitamin B5: 0.67mg (6.75%), Calcium: 64.27mg (6.43%), Magnesium: 23.03mg (5.76%), Iron: 0.83mg (4.6%), Phosphorus: 44.58mg (4.46%), Vitamin B1: 0.06mg (4.12%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.38mg (1.9%), Selenium: 0.83µg (1.19%)