



Chicory, Tangerine, and Pomegranate Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 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, or 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 shallots sliced

- 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



■ PROTEIN 8.34% ■ FAT 34.41% ■ CARBS 57.25%

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, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 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 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 Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg 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: 0mg (0%), Sodium: 384.45mg (16.72%), Alcohol: 0g (0%), 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%)