



## Clementine Salad with Spiced Walnuts and Pickled Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups clementine sections ( 6 clementines)
- 1 teaspoon dijon mustard
- 2 teaspoons olive oil
- 1 tablespoon orange juice
- 6 tablespoons pomegranate seeds
- 1 cup onion red vertically sliced
- 0.5 cup red wine vinegar

- 8 cups gourmet salad greens
- 0.3 cup sugar
- 0.8 cup spiced walnuts
- 0.5 cup water

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- To prepare onions, combine first 3 ingredients in a small saucepan. Bring to a boil; remove from heat. Reserve 2 tablespoons vinegar mixture.
- Combine remaining vinegar mixture and onion in a small bowl; cool to room temperature.
- To prepare dressing, combine reserved 2 tablespoons vinegar mixture, orange juice, oil, and mustard; stir well with a whisk.
- Combine dressing and salad greens in a large bowl; toss well. Divide salad greens mixture evenly among 6 salad plates. Top each with 1/3 cup clementines, about 2 tablespoons onions, 2 tablespoons Spiced Walnuts, and 1 tablespoon pomegranate seeds.
- (Totals include Spiced Walnuts)

## Nutrition Facts



## Properties

Glycemic Index:56.35, Glycemic Load:13.9, Inflammation Score:-7, Nutrition Score:11.051304454389%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## **Nutrients (% of daily need)**

Calories: 213.8kcal (10.69%), Fat: 11.29g (17.36%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 23.77g (8.64%), Sugar: 19.37g (21.53%), Cholesterol: 0mg (0%), Sodium: 28.35mg (1.23%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Vitamin C: 56.07mg (67.97%), Manganese: 0.66mg (33.07%), Copper: 0.33mg (16.74%), Folate: 64.67µg (16.17%), Fiber: 3.42g (13.66%), Vitamin A: 615.58IU (12.31%), Vitamin B6: 0.23mg (11.27%), Potassium: 385.01mg (11%), Magnesium: 43.03mg (10.76%), Vitamin B1: 0.16mg (10.68%), Phosphorus: 104.07mg (10.41%), Iron: 1.09mg (6.07%), Calcium: 55.28mg (5.53%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 1.05mg (5.25%), Zinc: 0.72mg (4.83%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 3.78µg (3.6%), Selenium: 1.55µg (2.22%)