



Dandelion and Grapefruit Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 11 oz dandelion greens ends trimmed
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large pink grapefruit peeled for dressing
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup pomegranate seeds

- ☐ 0.5 cup onion red sliced
- ☐ 0.5 teaspoon sea salt

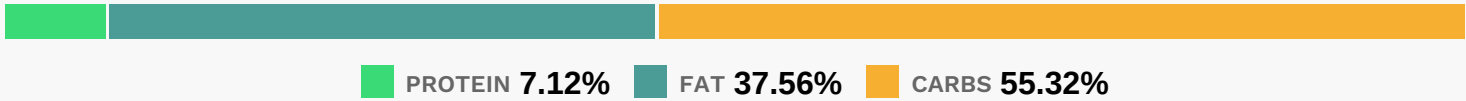
Equipment

- ☐ bowl

Directions

- ☐ Put greens, grapefruit segments, onion, and pomegranate seeds in a bowl.
- ☐ Mix grapefruit juice, mustard, honey, vinegar, oil, salt, and pepper together in a small bowl.
- ☐ Pour half the dressing over salad and toss gently to combine.
- ☐ Serve remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:68.82, Glycemic Load:6.65, Inflammation Score:-10, Nutrition Score:20.86999997367%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 176.55kcal (8.83%), Fat: 7.97g (12.26%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 21.07g (7.66%), Sugar: 14.3g (15.89%), Cholesterol: 0mg (0%), Sodium: 366.06mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin K: 614.62µg (585.35%), Vitamin A: 8878.79IU (177.58%), Vitamin C: 56.78mg (68.83%), Vitamin E: 3.93mg (26.21%), Fiber: 5.34g (21.38%), Manganese: 0.41mg (20.26%), Calcium: 173.94mg (17.39%), Iron: 2.72mg (15.09%), Potassium: 515.41mg (14.73%), Vitamin B2: 0.25mg

(14.59%), Vitamin B6: 0.28mg (14.09%), Vitamin B1: 0.21mg (13.96%), Folate: 43.66µg (10.92%), Magnesium: 41.7mg (10.42%), Copper: 0.21mg (10.37%), Phosphorus: 82.43mg (8.24%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.4mg (3.96%), Zinc: 0.51mg (3.41%), Selenium: 1.17µg (1.67%)