



Dandelion Salad with Pomegranate Seeds, Pine Nuts, and Roasted Delicata Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 2 tablespoons butter divided
- ☐ 1 pound dandelion greens thick trimmed cut into 2-inch lengths (12 cups)
- ☐ 2 medium delicata squash unpeeled halved seeded cut into 24 wedges total
- ☐ 7 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 6 tablespoons pomegranate juice

- ☐ 1.5 cups pomegranate seeds
- ☐ 1.5 tablespoons red wine vinegar

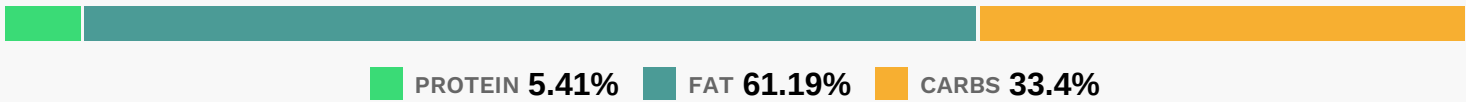
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk pomegranate juice and vinegars in bowl. Gradually whisk in oil. Season with salt and pepper. Rewhisk before using.
- ☐ Melt 2 teaspoons butter in heavy large nonstick skillet over medium-high heat.
- ☐ Add 1/3 of squash wedges. Cook until browned on both sides, about 5 minutes total.
- ☐ Transfer squash wedges to rimmed baking sheet. Repeat 2 more times with remaining butter and squash wedges.
- ☐ Sprinkle squash with salt and pepper. (Can be prepared 6 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Preheat oven to 450°F.
- ☐ Transfer squash to oven; bake 20 minutes.
- ☐ Mix greens, pomegranate seeds, and pine nuts in large bowl. Toss with half of dressing. Divide among plates; top with squash.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:21.801304453417%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 260.48kcal (13.02%), Fat: 18.91g (29.09%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 18.14g (6.6%), Sugar: 9.11g (10.12%), Cholesterol: 7.53mg (2.51%), Sodium: 73.29mg (3.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin K: 458.45µg (436.62%), Vitamin A: 7398.01IU (147.96%), Vitamin C: 36.97mg (44.81%), Manganese: 0.8mg (40.11%), Vitamin E: 4.55mg (30.35%), Potassium: 748.38mg (21.38%), Fiber: 5.08g (20.32%), Vitamin B6: 0.35mg (17.53%), Iron: 2.85mg (15.86%), Folate: 58.37µg (14.59%), Vitamin B2: 0.25mg (14.49%), Calcium: 144.65mg (14.46%), Copper: 0.28mg (14.25%), Magnesium: 51.86mg (12.97%), Vitamin B1: 0.18mg (11.97%), Phosphorus: 101.65mg (10.17%), Vitamin B3: 1.33mg (6.63%), Zinc: 0.87mg (5.78%), Vitamin B5: 0.43mg (4.25%), Selenium: 0.99µg (1.41%)