



Dried Fig and Blue Cheese Salad with Pomegranate Vinaigrette

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 18 mission figs dried
- ☐ 2 tablespoons honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 16 oz pomegranate juice 2 cups

- ☐ 9 cups mesclun salad greens
- ☐ 0.3 teaspoon salt

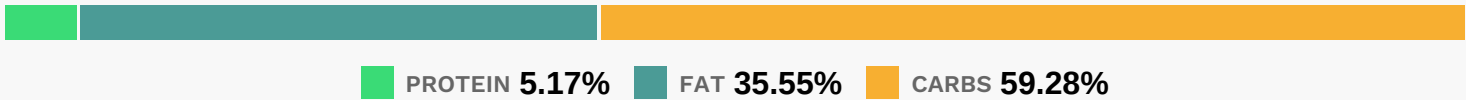
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place figs and pomegranate juice in a medium saucepan; bring to a boil. Reduce heat, cover, and simmer 10 minutes or until figs are softened.
- ☐ Remove figs with a slotted spoon; set aside.
- ☐ Bring pomegranate juice to a boil over medium-high heat; boil 2 minutes or until syrupy and reduced to 1/3 cup.
- ☐ Transfer reduction to a bowl; let cool to room temperature.
- ☐ Add honey and next 3 ingredients to pomegranate reduction; stir with a wire whisk. Gradually whisk in oil.
- ☐ To serve, divide mesclun greens among 6 serving plates; top each salad with 3 figs.
- ☐ Drizzle evenly with vinaigrette, and sprinkle with blue cheese.
- ☐ Serve immediately.
- ☐ Make-Ahead Note: Cooked figs and vinaigrette can be stored in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:18, Inflammation Score:-7, Nutrition Score:10.499130350092%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg 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: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 296.34kcal (14.82%), Fat: 12.45g (19.16%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 42.23g (15.35%), Sugar: 39.78g (44.2%), Cholesterol: 7.09mg (2.36%), Sodium: 239.12mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin C: 17.03mg (20.65%), Vitamin K: 20.71µg (19.72%), Vitamin A: 967.75IU (19.35%), Manganese: 0.37mg (18.64%), Potassium: 643.28mg (18.38%), Fiber: 4.5g (17.99%), Vitamin B6: 0.27mg (13.3%), Folate: 52.96µg (13.24%), Calcium: 119.98mg (12%), Vitamin E: 1.78mg (11.84%), Magnesium: 40.25mg (10.06%), Vitamin B2: 0.16mg (9.16%), Vitamin B5: 0.91mg (9.09%), Phosphorus: 90.6mg (9.06%), Vitamin B1: 0.12mg (8.25%), Copper: 0.16mg (7.95%), Iron: 1.14mg (6.33%), Vitamin B3: 1.22mg (6.08%), Zinc: 0.69mg (4.62%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.12µg (1.92%)