



Endive Salad with Pomegranate Seeds, Persimmon, and Pecan Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups belgian endive sliced 1-inch
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons honey
- ☐ 8 cups torn leaf lettuce green
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 2 persimmons ripe peeled cut into thin wedges

- ☐ 1 cup pomegranate seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots thinly sliced
- ☐ 3 tablespoons sherry vinegar

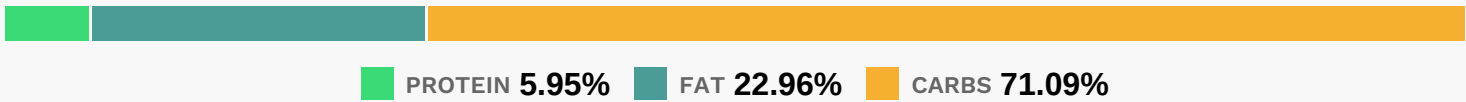
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine vinegar and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle vinegar mixture over lettuce mixture; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.16, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:11.350434863049%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 144.6kcal (7.23%), Fat: 4.04g (6.21%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 24.56g (8.93%), Sugar: 8.73g (9.69%), Cholesterol: 0mg (0%), Sodium: 180.44mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin A: 2682.68IU (53.65%), Vitamin K: 49.59µg (47.23%), Vitamin C: 35.67mg (43.23%), Manganese: 0.37mg (18.54%), Fiber: 3.57g (14.3%), Potassium: 414.5mg (11.84%), Folate: 44.13µg (11.03%), Iron: 1.88mg (10.43%), Vitamin B1: 0.1mg (6.78%), Vitamin B6: 0.13mg (6.37%), Copper: 0.12mg (6.18%), Phosphorus: 61.43mg (6.14%), Magnesium: 20.1mg (5.03%), Calcium: 44.69mg (4.47%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.41mg (2.71%), Selenium: 1.4µg (1.99%), Vitamin B3: 0.35mg (1.77%)