



Ensalada de Noche Buena



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons pumpkinseed kernels unsalted toasted
- ☐ 3 tablespoons yogurt plain fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 tablespoons honey
- ☐ 3 cups jicama cubed peeled (1-inch) (1 pound)
- ☐ 2 tablespoons mayonnaise light
- ☐ 3 tablespoons juice of lime fresh

- ☐ 1.5 teaspoons lime rind grated
- ☐ 4 large navel oranges
- ☐ 1 cup pomegranate seeds
- ☐ 0.8 cup slivered radishes red (6 medium)
- ☐ 1 large grapefruit red
- ☐ 4 cups romaine lettuce chopped
- ☐ 1 Dash salt

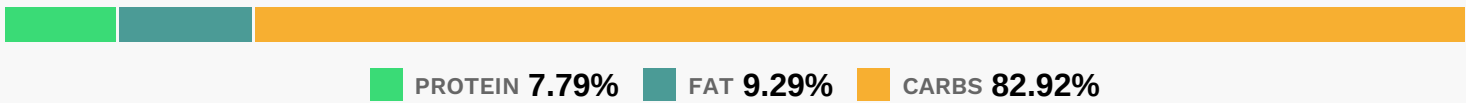
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Peel and section oranges and grapefruit over a large bowl, reserving juice; add sections to juice.
- ☐ Add jicama and radishes to orange mixture; toss gently. Cover and chill 30 minutes.
- ☐ Combine rind and next 6 ingredients (through salt) in a small bowl, stirring until smooth. Arrange lettuce in a large bowl. Using a slotted spoon, place the orange mixture over lettuce; drizzle evenly with yogurt mixture.
- ☐ Sprinkle with pomegranate seeds, pumpkinseed kernels, and cilantro.
- ☐ Wine note: Sparkling wine deserves a place at every holiday table, both for its celebratory allure and compatibility with many foods. When celebrating Santa Fe style, look for Gruet Brut NV (\$1 from New Mexico. Made in the manner of true Champagne, it has lemony acidity that stands up to the acid of the yogurt dressing, while crisp grapefruit flavors echo the salad's citrus elements. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:35.91, Glycemic Load:5.02, Inflammation Score:-9, Nutrition Score:13.276521765667%

Flavonoids

Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg 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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 16.12mg, Hesperetin: 16.12mg, Hesperetin: 16.12mg, Hesperetin: 16.12mg Naringenin: 18.55mg, Naringenin: 18.55mg, Naringenin: 18.55mg, Naringenin: 18.55mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 122.92kcal (6.15%), Fat: 1.39g (2.14%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 21.74g (7.9%), Sugar: 17.26g (19.18%), Cholesterol: 0.71mg (0.24%), Sodium: 60.65mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin C: 70.81mg (85.82%), Vitamin A: 2723.56IU (54.47%), Vitamin K: 30.08µg (28.65%), Fiber: 6.25g (25%), Folate: 81.35µg (20.34%), Potassium: 415.01mg (11.86%), Vitamin B1: 0.11mg (7.65%), Calcium: 74.4mg (7.44%), Vitamin B6: 0.15mg (7.4%), Manganese: 0.15mg (7.33%), Vitamin B2: 0.12mg (6.98%), Magnesium: 27.02mg (6.76%), Phosphorus: 64.96mg (6.5%), Copper: 0.12mg (6.05%), Vitamin B5: 0.57mg (5.67%), Iron: 0.8mg (4.45%), Vitamin E: 0.63mg (4.23%), Vitamin B3: 0.72mg (3.61%), Zinc: 0.43mg (2.85%), Selenium: 1.08µg (1.54%)