



WHATSheATE



HEALTH SCORE

72%

Escarole and Butter Lettuce Salad with Pomegranate Seeds and Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head boston lettuce
- ☐ 1 large head endive
- ☐ 1 apples i use 2 granny smith apples cored thinly sliced quartered
- ☐ 0.7 cup hazelnuts husked toasted
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 teaspoon juice of lime fresh

- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.5 cup grapeseed oil
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 cup pomegranate seeds fresh
- ☐ 0.3 cup citrus champagne vinegar

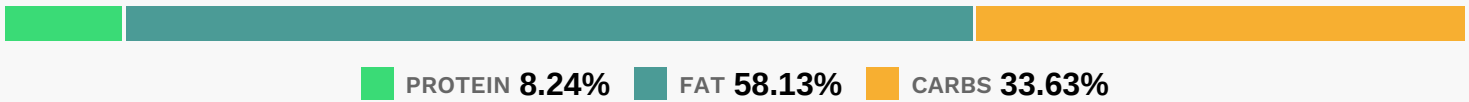
Equipment

- ☐ bowl

Directions

- ☐ Combine vinegar and next 6 ingredients in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper.
- ☐ Mix all ingredients in very large bowl. Toss with enough dressing to coat.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:15.450869534327%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.72mg, Kaempferol: 5.72mg, Kaempferol: 5.72mg, Kaempferol: 5.72mg 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: 133.65kcal (6.68%), Fat: 9.26g (14.25%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 14.96mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 156.08µg (148.64%), Manganese: 0.93mg (46.37%), Vitamin A: 1925.21IU (38.5%), Folate: 117.22µg (29.31%), Vitamin E: 2.74mg (18.27%), Fiber: 4.38g (17.54%), Vitamin C: 13.38mg (16.21%), Copper: 0.27mg (13.73%), Potassium: 387.13mg (11.06%), Vitamin B1: 0.15mg (9.76%), Magnesium: 32.35mg (8.09%), Iron: 1.33mg (7.41%), Vitamin B5: 0.74mg (7.39%), Phosphorus: 63.56mg (6.36%), Vitamin B6: 0.11mg (5.69%), Zinc: 0.82mg (5.46%), Calcium: 53.46mg (5.35%), Vitamin B2: 0.09mg (5.05%), Vitamin B3: 0.6mg (2.97%)