



Fall Greens Persimmon Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz baby arugula loosely packed ends trimmed
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons lemon zest (diced with peel) seeded finely
- ☐ 2 teaspoons meyer lemon juice
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups radicchio thinly thinly sliced

- ☐ 2 banana cored sliced into half-rounds
- ☐ 2 ounces cheese blue cut into small slices (1/2 cup)

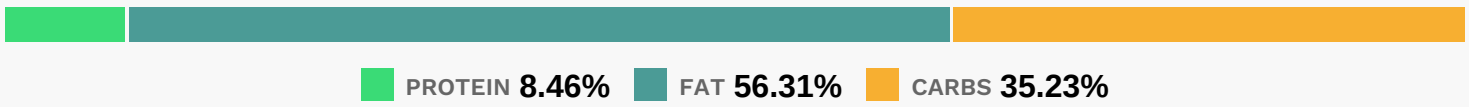
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, diced lemon, honey, lemon juice, salt, and pepper in a large bowl.
- ☐ Add remaining ingredients except cheese and toss gently to coat. Divide among plates and set cheese on top.

Nutrition Facts



Properties

Glycemic Index:55.89, Glycemic Load:9.29, Inflammation Score:-8, Nutrition Score:13.125217436448%

Flavonoids

Cyanidin: 19.05mg, Cyanidin: 19.05mg, Cyanidin: 19.05mg, Cyanidin: 19.05mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 14.9mg, Kaempferol: 14.9mg, Kaempferol: 14.9mg, Kaempferol: 14.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 228.42kcal (11.42%), Fat: 15.11g (23.25%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 18.67g (6.79%), Sugar: 12.79g (14.21%), Cholesterol: 10.63mg (3.54%), Sodium: 324.34mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Vitamin K: 91.76µg (87.39%), Vitamin A: 1161.53IU (23.23%), Vitamin C: 17.62mg (21.36%), Folate: 68.59µg (17.15%), Manganese: 0.34mg (17.04%), Calcium: 151.82mg (15.18%), Vitamin B6: 0.29mg (14.42%), Vitamin E: 2.14mg (14.3%), Potassium: 467.03mg (13.34%),

Magnesium: 42.19mg (10.55%), Fiber: 2.61g (10.42%), Phosphorus: 97.74mg (9.77%), Vitamin B2: 0.14mg (8.36%), Copper: 0.14mg (7.1%), Vitamin B5: 0.69mg (6.91%), Iron: 1.04mg (5.8%), Zinc: 0.78mg (5.18%), Selenium: 2.99µg (4.27%), Vitamin B3: 0.72mg (3.61%), Vitamin B1: 0.05mg (3.15%), Vitamin B12: 0.17µg (2.88%)