



Frisée Salad with Persimmons, Dates, and Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.3 cup dates pitted chopped
- ☐ 7 ounces fuyu persimmon pulp ripe peeled chopped
- ☐ 3 cups fuyu persimmon pulp ripe peeled thinly sliced quartered (3)
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups leek divided thinly sliced (1 large)
- ☐ 1 teaspoon olive oil extra virgin extra-virgin

- ☐ 6 cups the salad
- ☐ 3 tablespoons water
- ☐ 2 tablespoons citrus champagne vinegar

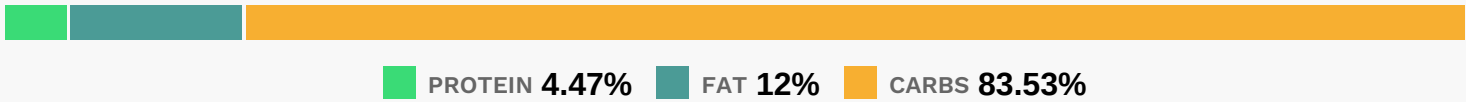
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place 1 tablespoon leek in blender.
- ☐ Place 3 tablespoons water and the next 4 ingredients (through chopped persimmon) in blender; process until smooth.
- ☐ Combine frise and remaining leek in a large bowl, and toss with dressing.
- ☐ Place 1 cup frise mixture on each of 8 plates. Top each serving with about 1/3 cup sliced persimmon, about 1 teaspoon almonds, and 1 1/2 teaspoons dates.
- ☐ Wine note: This dish includes sweet and crisp Fuyu persimmons, so look for a wine with similar qualities. While sauvignon blanc can be grassy or herbaceous when grown in cool climates, Guenoc 2007 Sauvignon Blanc, Lake County (\$1 from California brings out the tropical side of the grape with sweet flavors of pineapple and passion fruit, while still offering enough acidity to stand up to vinegar dressing. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:21.31, Inflammation Score:-6, Nutrition Score:9.6017391500266%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 198.96kcal (9.95%), Fat: 2.91g (4.48%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 44.5g (16.18%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 158.34mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin C: 83.93mg (101.73%), Iron: 3.58mg (19.91%), Potassium: 492.69mg (14.08%), Vitamin A: 619.48IU (12.39%), Manganese: 0.22mg (11.21%), Vitamin E: 1.19mg (7.92%), Vitamin K: 8.27µg (7.87%), Phosphorus: 68.24mg (6.82%), Folate: 24.3µg (6.08%), Calcium: 56.77mg (5.68%), Magnesium: 20.28mg (5.07%), Fiber: 1.14g (4.55%), Copper: 0.08mg (4.23%), Vitamin B2: 0.07mg (3.87%), Vitamin B6: 0.08mg (3.78%), Vitamin B3: 0.43mg (2.13%), Vitamin B1: 0.03mg (1.94%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.1mg (1.04%)