



Fuyu Persimmon Salad with Arugula & Pomegranate



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon aged balsamic vinegar
- ☐ 3 cup arugula
- ☐ 1 tablespoon coconut vinegar white (you may substitute any vinegar)
- ☐ 2 fuyu persimmons
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pinch freshly cracked pepper black
- ☐ 0.5 cup pomegranate seeds

☐ 0.5 teaspoon sea salt

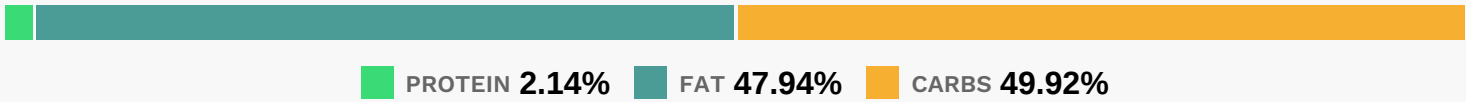
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mandoline
- ☐ peeler

Directions

☐ Cut the top off the persimmons, then using a vegetable peeler, peel the skin off too. This is optional as the skin is edible. Use a mandoline to carefully slice crosswise paper-thin slices, exposing the starburst in the center of each slice. In a small bowl whisk together the oil with the vinegars, salt and pepper. In a large salad bowl toss the arugula and the pomegranate seeds with the vinaigrette to coat. Divide the salad among six plates and top each with slices of persimmon.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:11.02, Inflammation Score:-4, Nutrition Score:5.2004348966091%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 166.91kcal (8.35%), Fat: 9.45g (14.54%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 21.43g (7.79%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 198.26mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 39.85mg (48.31%), Vitamin K: 18.59µg (17.7%),

Vitamin E: 1.42mg (9.47%), Iron: 1.66mg (9.22%), Potassium: 246.09mg (7.03%), Vitamin A: 237.39IU (4.75%), Folate: 14.9µg (3.72%), Calcium: 33.49mg (3.35%), Fiber: 0.71g (2.84%), Manganese: 0.05mg (2.72%), Phosphorus: 25.21mg (2.52%), Magnesium: 6.69mg (1.67%), Copper: 0.03mg (1.51%)