



Grapefruit, Mustard Green, and Date Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup dates dried pitted chopped
- 1 tablespoon juice of lime fresh
- 0.3 lb young mustard greens trimmed cut into 1/2-inch pieces (2 cups)
- 1.5 tablespoons olive oil
- 1 small pink red
- 2 servings garnish: pomegranate seeds
- 0.3 teaspoon salt
- 1 tablespoon shallots finely chopped

0.3 teaspoon sugar

Equipment

bowl

paper towels

knife

whisk

plastic wrap

Directions

Stir together shallot and lime juice in a small bowl and let stand 5 minutes.

Whisk in oil, sugar, and salt.

Cut peel and any white pith from grapefruit with a sharp knife, then cut sections free from membranes. Toss mustard greens with dates in a large bowl.

Just before serving, toss greens with dressing and salt to taste. Divide salad between 2 plates and top with grapefruit sections.

• Dressing, grapefruit sections, and greens can be prepared separately 4 hours ahead and chilled, covered. (Cover greens with a dampened paper towel and plastic wrap.)

Nutrition Facts



Properties

Glycemic Index:138.05, Glycemic Load:18.07, Inflammation Score:-9, Nutrition Score:20.367826316668%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 32.67mg, Naringenin: 32.67mg, Naringenin: 32.67mg, Naringenin: 32.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin:

9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.73mg, Kaempferol: 21.73mg, Kaempferol: 21.73mg, Kaempferol: 21.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 281.56kcal (14.08%), Fat: 11.98g (18.43%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 36.81g (13.39%), Sugar: 32.23g (35.81%), Cholesterol: 0mg (0%), Sodium: 305.97mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 167.45µg (159.48%), Vitamin C: 82.49mg (99.98%), Vitamin A: 2870.37IU (57.41%), Fiber: 8.55g (34.22%), Vitamin E: 3.33mg (22.21%), Potassium: 704.23mg (20.12%), Copper: 0.31mg (15.38%), Folate: 58.81µg (14.7%), Vitamin B6: 0.27mg (13.54%), Magnesium: 47.14mg (11.79%), Vitamin B1: 0.16mg (10.74%), Calcium: 106.26mg (10.63%), Phosphorus: 97.65mg (9.76%), Manganese: 0.19mg (9.52%), Vitamin B2: 0.15mg (9.05%), Iron: 1.59mg (8.81%), Vitamin B5: 0.84mg (8.41%), Vitamin B3: 1.17mg (5.83%), Zinc: 0.6mg (3.98%), Selenium: 1.67µg (2.38%)