



Green Leaf Lettuce, Pomegranate, and Almond Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2.3 oz almonds toasted sliced



0.3 teaspoon pepper black



20 cups curly leaf lettuce green trimmed (2 heads)



2 tablespoons juice of lime fresh



5 tablespoons olive oil extra virgin extra-virgin



1.3 cups pomegranate seeds white



0.8 teaspoon salt

- ☐ 1.5 teaspoons sugar
- ☐ 0.5 lb watercress cut into 1-inch pieces (6 cups) (2 bunches)

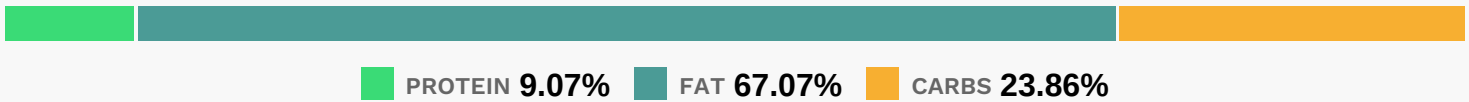
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together lime juice, sugar, salt, and pepper until sugar and salt are dissolved, then add oil in a steady stream, whisking until combined.
- ☐ Combine lettuce, watercress, and half of pomegranate seeds in a large serving bowl. Toss with just enough dressing to coat, then sprinkle with almonds and remaining pomegranate seeds.
- ☐ Lettuce and watercress can be washed and spun dry 1 day ahead and chilled separately, wrapped in dampened paper towels, in sealed plastic bags. •Pomegranate can be seeded 1 day ahead. Chill seeds in an airtight container. •Almonds can be toasted 1 day ahead and cooled completely, then kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:17.568695597027%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg

0.21mg, Isorhamnetin: 0.21mg Kaempferol: 6.57mg, Kaempferol: 6.57mg, Kaempferol: 6.57mg, Kaempferol: 6.57mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.29mg, Quercetin: 12.29mg,
Quercetin: 12.29mg, Quercetin: 12.29mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 165.38kcal (8.27%), Fat: 13.2g (20.31%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 10.57g (3.52%), Net
Carbohydrates: 7.2g (2.62%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 255.96mg (11.13%), Alcohol: 0g
(0%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 193.87µg (184.64%), Vitamin A: 7571.43IU
(151.43%), Vitamin C: 24.21mg (29.34%), Vitamin E: 3.95mg (26.3%), Manganese: 0.52mg (25.8%), Fiber: 3.36g
(13.46%), Folate: 50.38µg (12.6%), Vitamin B2: 0.21mg (12.43%), Potassium: 392.44mg (11.21%), Magnesium: 42.67mg
(10.67%), Calcium: 91.46mg (9.15%), Phosphorus: 91.31mg (9.13%), Copper: 0.17mg (8.63%), Vitamin B1: 0.12mg
(8.2%), Vitamin B6: 0.15mg (7.47%), Iron: 1.26mg (7.02%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.54mg (3.57%),
Vitamin B5: 0.35mg (3.48%), Selenium: 1.26µg (1.8%)