



Green Salad with Dracula's Teeth

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons dijon mustard
- 2 teaspoons honey
- 2 tablespoons orange juice
- 0.8 cup pomegranate seeds (see notes)
- 3 tablespoons rice vinegar
- 10 oz salad mix rinsed
- 8 servings salt and pepper

Equipment

bowl

Directions

- Place salad mix in a wide bowl and sprinkle with pomegranate seeds.
- In a small bowl, mix rice vinegar, orange juice, honey, and mustard.
- Pour over salad; mix.
- Add salt and pepper to taste.

Nutrition Facts

 **PROTEIN 10.75%**  **FAT 7.84%**  **CARBS 81.41%**

Properties

Glycemic Index:31.66, Glycemic Load:2.5, Inflammation Score:-4, Nutrition Score:2.5882608812788%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 27.51kcal (1.38%), Fat: 0.26g (0.39%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 217.45mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 11.93mg (14.46%), Vitamin A: 411.95IU (8.24%), Folate: 20.35µg (5.09%), Manganese: 0.08mg (4.07%), Potassium: 108.68mg (3.11%), Fiber: 0.68g (2.72%), Vitamin K: 2.54µg (2.42%), Copper: 0.05mg (2.3%), Phosphorus: 21.74mg (2.17%), Vitamin B6: 0.04mg (2.14%), Vitamin B1: 0.03mg (1.81%), Magnesium: 6.91mg (1.73%), Iron: 0.31mg (1.71%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.27mg (1.33%), Vitamin B5: 0.11mg (1.14%)