



Herb salad with pomegranate & pistachios



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 orange juice
- ☐ 3 tbsp red wine vinegar
- ☐ 1 tbsp clear honey
- ☐ 1 small bunch optional: dill roughly chopped
- ☐ 1 small bunch mint leaves
- ☐ 1 bunch spring onion finely sliced
- ☐ 100 g the salad mixed
- ☐ 120 g pomegranate seeds (or seeds from 1 pomegranate)

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100 g pistachios roughly chopped

Equipment

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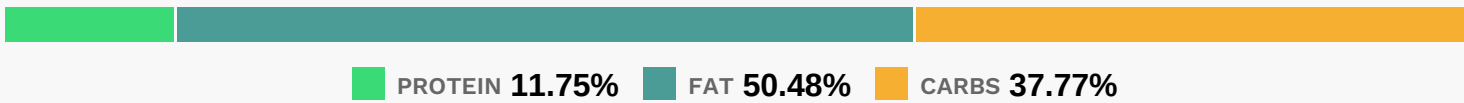
mixing bowl

Directions

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Mix the juice, vinegar and honey with seasoning. Tip rest of the ingredients into a large mixing bowl, drizzle over the dressing and gently toss to serve.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:4.58, Inflammation Score:-4, Nutrition Score:6.8095652227816%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 131.31kcal (6.57%), Fat: 7.85g (12.07%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 6.88mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin B6: 0.32mg (16.01%), Vitamin C: 13mg (15.76%), Manganese: 0.27mg (13.61%), Copper: 0.27mg (13.44%), Vitamin B1: 0.18mg (11.68%), Vitamin K: 11.57µg (11.02%), Fiber: 2.7g (10.82%), Phosphorus: 99.88mg (9.99%), Potassium: 287.49mg (8.21%), Folate: 28.91µg (7.23%), Vitamin A: 359.56IU (7.19%), Magnesium: 27.29mg (6.82%), Iron: 0.99mg (5.5%), Vitamin E: 0.53mg (3.53%), Zinc: 0.51mg (3.41%), Vitamin B2: 0.06mg (3.26%), Calcium: 28.27mg (2.83%), Vitamin B3: 0.45mg (2.23%), Vitamin B5: 0.21mg

(2.09%), Selenium: 1.4µg (1.99%)