



Mâche Salad with Blood Oranges, Pistachios, and Pomegranate



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon honey
- ☐ 4 ounce lambs lettuce
- ☐ 2 tablespoons regular orange juice fresh
- ☐ 2 regular oranges
- ☐ 3 tablespoons pistachio oil
- ☐ 0.3 cup natural pistachios shelled toasted
- ☐ 0.3 cup pomegranate seeds dried

- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon unseasoned rice vinegar

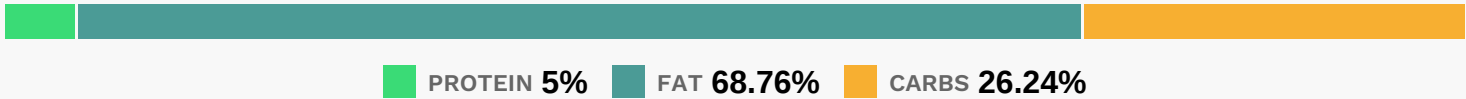
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk orange juice, vinegar, shallot, and honey in small bowl. Gradually whisk in pistachio oil. Season dressing to taste with salt and pepper.
- ☐ Using small sharp knife, cut off peel and white pith from oranges. Working over small bowl, cut between membranes to release orange segments. Divide mâche among 4 plates. Divide orange segments, pistachios, and pomegranate seeds among plates.
- ☐ Drizzle dressing over salad and serve.

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:6.4269565058791%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 174.55kcal (8.73%), Fat: 14.21g (21.87%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 2.09mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin A: 2074.18IU (41.48%), Vitamin C: 19.19mg (23.26%), Manganese: 0.23mg (11.36%), Vitamin B6: 0.23mg (11.35%), Copper: 0.15mg (7.61%), Potassium: 250.28mg (7.15%), Vitamin B1: 0.1mg (6.85%), Fiber: 1.45g (5.79%), Phosphorus: 57.35mg (5.74%), Iron: 1.01mg (5.6%), Magnesium: 15.46mg (3.86%), Folate: 13.26µg (3.31%), Vitamin B2: 0.05mg (2.65%), Calcium: 24.28mg (2.43%), Zinc: 0.37mg (2.43%), Vitamin E: 0.35mg (2.35%), Vitamin B3: 0.32mg (1.59%), Selenium: 0.94µg (1.34%), Vitamin B5: 0.11mg (1.09%)