



Mediterranean feta salad with pomegranate dressing



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bell pepper red
- ☐ 3 medium eggplant halved cut into chunks, or 15 small,
- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp cinnamon
- ☐ 200 g green beans frozen (use if you can)
- ☐ 1 small onion red sliced into half moons
- ☐ 200 g feta cheese crumbled drained

- ☐ 1 pomegranate seeds
- ☐ 1 handful parsley roughly chopped
- ☐ 1 small garlic clove crushed
- ☐ 1 tbsp juice of lemon
- ☐ 2 tbsp pomegranate molasses
- ☐ 5 tbsp olive oil extra virgin extra-virgin

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat the grill to its highest setting.
- ☐ Cut the peppers into quarters, then place them, skin-side up, on a baking sheet. Grill until blackened.
- ☐ Place in a plastic bag, seal, then leave for 5 mins. When cool enough to handle, scrape skins off, discard, then set the peppers aside.
- ☐ Place the aubergines on a baking tray, drizzle with olive oil and cinnamon, then season with salt and pepper. Roast until golden and softened about 25 mins.
- ☐ Meanwhile, combine all the dressing ingredients and mix well. To serve, place the aubergines, green beans, onion and peppers on a large serving plate. Scatter with the feta and pomegranate seeds.
- ☐ Pour the dressing over, then finish with the parsley.

Nutrition Facts



 **PROTEIN 7.61%**  **FAT 69.4%**  **CARBS 22.99%**

Properties

Glycemic Index:37, Glycemic Load:2.95, Inflammation Score:-8, Nutrition Score:16.60869552519%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 312.4kcal (15.62%), Fat: 25.11g (38.63%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 11.82g (4.3%), Sugar: 10.54g (11.71%), Cholesterol: 22.25mg (7.42%), Sodium: 292.46mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin C: 47.46mg (57.53%), Vitamin K: 38.64µg (36.8%), Manganese: 0.57mg (28.74%), Fiber: 6.89g (27.57%), Vitamin E: 3.92mg (26.15%), Vitamin A: 1292.47IU (25.85%), Vitamin B6: 0.4mg (19.76%), Vitamin B2: 0.33mg (19.47%), Folate: 71.55µg (17.89%), Calcium: 158.15mg (15.81%), Potassium: 552.5mg (15.79%), Phosphorus: 147.96mg (14.8%), Magnesium: 40.66mg (10.16%), Vitamin B1: 0.15mg (10.01%), Vitamin B3: 1.87mg (9.34%), Vitamin B5: 0.9mg (9%), Copper: 0.18mg (8.91%), Zinc: 1.17mg (7.8%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.58µg (6.54%), Iron: 1.15mg (6.37%)