



WHATSheATE



## Persimmon and Blue Cheese Salad With Walnuts



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled
- ☐ 2 small fuyu persimmons ripe cut into 6 wedges
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup pomegranate seeds
- ☐ 4 cups seasonal spring mix salad greens
- ☐ 4 servings salad
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 4 servings balsamic vinaigrette salad dressing
- ☐ 0.3 cup walnuts

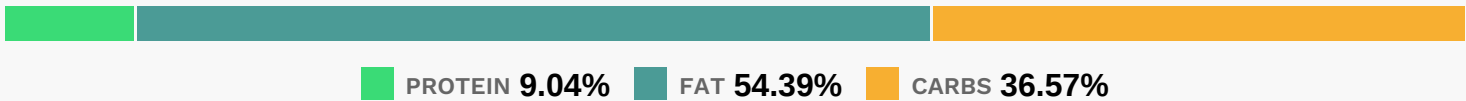
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ For the dressing, combine the first 4 ingredients (through sugar) in a medium bowl, and mix well.
- ☐ Whisk in the oil slowly.
- ☐ Add the lemon zest, salt, and pepper; mix well.
- ☐ Divide the greens equally onto 4 plates, and distribute equal portions of the persimmon wedges, blue cheese, walnuts, and pomegranate seeds.
- ☐ Drizzle with the vinaigrette, and serve.

## Nutrition Facts



## Properties

Glycemic Index:92.02, Glycemic Load:16.52, Inflammation Score:-8, Nutrition Score:14.22869582539%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 384.49kcal (19.22%), Fat: 24.46g (37.63%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 36.02g (13.1%), Sugar: 3.77g (4.19%), Cholesterol: 21.26mg (7.09%), Sodium: 494.79mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Vitamin C: 82.45mg (99.94%), Vitamin A: 1144.77IU (22.9%), Manganese: 0.41mg (20.28%), Phosphorus: 194.76mg (19.48%), Calcium: 194.34mg (19.43%), Iron: 3.06mg (17%), Potassium: 558.3mg (15.95%), Folate: 54.95µg (13.74%), Vitamin E: 1.76mg (11.72%), Vitamin B2: 0.17mg (9.93%), Vitamin K: 10.08µg (9.6%), Copper: 0.19mg (9.59%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.2mg (7.98%), Magnesium: 30.21mg (7.55%), Selenium: 4.88µg (6.98%), Vitamin B5: 0.69mg (6.95%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.88mg (4.42%), Fiber: 0.98g (3.94%)