



Persimmon Salad with Sesame Vinaigrette

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



512 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 fillet anchovy
- 0.3 cup basil fresh coarsely chopped
- 0.3 cup cilantro leaves fresh coarsely chopped
- 2 cups salad leaves curly endive (from 1 bunch)
- 2 pounds fuyu persimmon pulp peeled cut into 1-inch wedges
- 2 medium garlic clove coarsely chopped
- 1 teaspoon granulated sugar
- 6 servings kosher salt

- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 2 tablespoons mirin
- 0.3 cup olive oil
- 0.5 medium onion red very thinly sliced
- 0.3 cup rice
- 1 pound roma tomatoes cored cut into 1-inch wedges
- 1 tablespoon sesame oil toasted
- 2 tablespoons sesame seed toasted
- 0.5 teaspoon shichimi togarashi
- 2 tablespoons soya sauce
- 1 thai chile red finely chopped
- 2 cups vegetable oil
- 2 cups watercress (from 1 bunch)
- 1 tablespoon miso white

Equipment

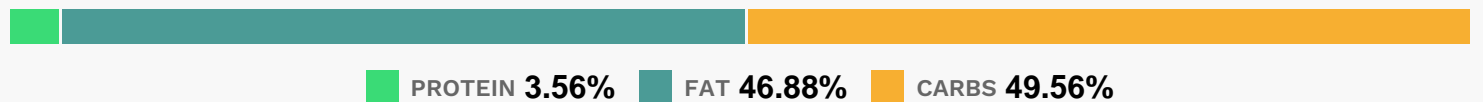
- bowl
- frying pan
- paper towels
- blender
- slotted spoon

Directions

- For the dressing:1
- Heat the sesame oil in a small frying pan over medium heat until shimmering.
- Add the garlic and cook, stirring occasionally, until fragrant, about 1 minute. Scrape the oil and the garlic into a blender.2
- Add the olive oil, lime juice, mirin, soy sauce, miso, anchovy, and sugar and blend until smooth.

- Remove to a small bowl, add the sesame seeds, chile, and togarashi, and stir to combine; set aside. For the salad:1
- Place the persimmons, tomatoes, and onion in a large, nonreactive bowl, add 1/2 cup of the dressing, and toss gently to coat; set aside. Meanwhile, fry the rice flakes.2
- Heat the vegetable oil in a large frying pan over medium-high heat until a rice flake dropped into it puffs immediately, about 8 minutes. Meanwhile, line a large plate with paper towels and set aside.3 When the oil is ready, add the rice flakes and fry, stirring until puffed and crisp, about 15 seconds. Using a slotted spoon, remove to the paper-towel-lined plate, season with salt, and set aside.4
- Transfer the marinated persimmon mixture to a serving platter.
- Place the frise, watercress, basil, and cilantro in the bowl the persimmon mixture was in, drizzle with a few tablespoons of the remaining dressing, season with salt, and toss to combine. Taste and add more dressing or salt as needed. Mound the frise mixture over the persimmons, garnish with the puffed rice, and serve immediately.
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Nutrition Facts



Properties

Glycemic Index:86.88, Glycemic Load:31.09, Inflammation Score:-9, Nutrition Score:19.306956492688%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 511.85kcal (25.59%), Fat: 28.32g (43.58%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 67.36g (22.45%), Net Carbohydrates: 64.81g (23.57%), Sugar: 4.99g (5.55%), Cholesterol: 0.4mg (0.13%), Sodium: 700.78mg (30.47%), Alcohol: 0.57g (100%), Alcohol %: 0.19% (100%), Protein: 4.84g (9.69%), Vitamin C: 123.83mg (150.1%), Vitamin K: 123.77µg (117.88%), Vitamin A: 2104.33IU (42.09%), Iron: 5.02mg (27.88%), Potassium: 835.53mg (23.87%), Vitamin E: 3.55mg (23.64%), Manganese: 0.44mg (21.92%), Copper: 0.27mg (13.32%), Calcium: 118.64mg (11.86%), Phosphorus: 118.04mg (11.8%), Fiber: 2.55g (10.21%), Folate: 39.35µg (9.84%), Vitamin B6: 0.18mg (8.93%), Magnesium: 33.97mg (8.49%), Vitamin B3: 1.22mg (6.12%), Vitamin B1: 0.09mg (6.07%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.67mg (4.44%), Selenium: 2.97µg (4.24%)