



Persimmon-Walnut Oil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons champagne vinegar
- 2 cups fuyu persimmons cored peeled thinly sliced
- 8 cups torn romaine lettuce
- 0.3 teaspoon salt
- 1 tablespoon walnut oil

Equipment

- bowl

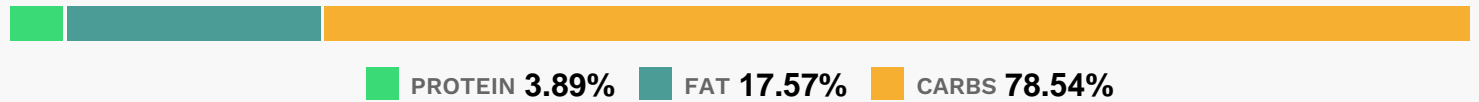
whisk

Directions

Combine vinegar, oil, salt, and pepper in a large bowl, stirring with a whisk.

Add lettuce and persimmons; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:13.22, Inflammation Score:-10, Nutrition Score:13.477391180785%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 133.07kcal (6.65%), Fat: 2.84g (4.37%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 27.22g (9.9%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 103.31mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin A: 5458.72IU (109.17%), Vitamin C: 54.59mg (66.17%), Vitamin K: 64.72µg (61.64%), Folate: 85.24µg (21.31%), Iron: 2.62mg (14.57%), Potassium: 403.31mg (11.52%), Manganese: 0.11mg (5.57%), Fiber: 1.34g (5.35%), Calcium: 42.85mg (4.29%), Phosphorus: 40.04mg (4%), Vitamin B1: 0.05mg (3.01%), Vitamin B2: 0.04mg (2.48%), Vitamin B6: 0.05mg (2.33%), Magnesium: 9.22mg (2.3%), Copper: 0.03mg (1.6%)