



POM Spinach, Tangerine and Fennel Salad with Pomegranate Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 0.1 teaspoon cinnamon
- 0.5 cup fennel bulb thinly sliced
- 4 servings fennel ferns
- 2 cloves garlic fresh minced
- 1 teaspoon honey

- 0.3 cup olive oil
- 0.3 cup arils from pom pomegranate wonderful®
- 1 cup pom wonderful pomegranate juice 100% wonderful®
- 0.3 cup onion red thinly sliced
- 1 teaspoon salt
- 4.5 cups spinach leaves fresh
- 3 tangerines

Equipment

- bowl
- sieve

Directions

- Score fresh pomegranates and place in a bowl of water. Break open the pomegranates under water to free the arils (seed sacs). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. (Refrigerate or freeze any remaining arils for another use.)
- Prepare fresh pomegranate juice.**
- Peel and section tangerines.
- Place tangerines in a bowl with 1 cup pomegranate juice and sugar if desired. Allow to marinate 30 to 45 minutes.
- Drain tangerines; reserve 1/3 cup of the marinade for vinaigrette.
- Mix 1/3 cup reserved pomegranate marinade with the other vinaigrette ingredients and shake together in a tightly covered container.
- Divide spinach, fennel and red onion on 4 salad plates. Divide tangerine slices on salad and dress with 1 to 2 tablespoons of vinaigrette per serving.
- Garnish with fennel ferns.

Nutrition Facts

  

 PROTEIN 3.14%  FAT 59.79%  CARBS 37.07%

Properties

Glycemic Index:106.82, Glycemic Load:6.73, Inflammation Score:-10, Nutrition Score:16.861739200094%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg 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: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg Naringenin: 6.61mg, Naringenin: 6.61mg, Naringenin: 6.61mg, Naringenin: 6.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 270.56kcal (13.53%), Fat: 18.69g (28.75%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 23g (8.36%), Sugar: 20.52g (22.81%), Cholesterol: 0mg (0%), Sodium: 625.34mg (27.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 189.96µg (180.91%), Vitamin A: 3632IU (72.64%), Vitamin C: 30.86mg (37.4%), Manganese: 0.52mg (26.09%), Vitamin E: 3.78mg (25.22%), Folate: 100.1µg (25.03%), Potassium: 543.31mg (15.52%), Fiber: 3.07g (12.29%), Magnesium: 45.52mg (11.38%), Vitamin B6: 0.19mg (9.37%), Calcium: 82.16mg (8.22%), Iron: 1.47mg (8.16%), Vitamin B2: 0.11mg (6.57%), Copper: 0.12mg (6.24%), Vitamin B1: 0.09mg (5.99%), Phosphorus: 54.19mg (5.42%), Vitamin B5: 0.43mg (4.34%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.39mg (2.63%), Selenium: 1.02µg (1.45%)