



Pomegranate and Almond Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 10 oz boston lettuce sweet red (12 cups)
- ☐ 1 clove garlic finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 pomegranate seeded ()
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

☐ 0.3 cup vegetable oil

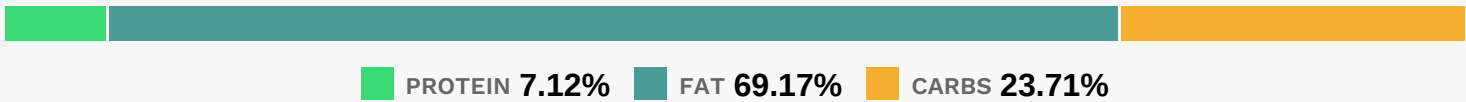
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle almonds in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until almonds begin to brown, then stirring constantly until light brown.
- ☐ Remove from skillet; set aside.
- ☐ Meanwhile, in small bowl, beat oil, lime juice, sugar, salt, pepper and garlic with wire whisk until smooth.
- ☐ In large serving bowl, mix lettuces and pomegranate seeds.
- ☐ Add dressing; toss to coat.
- ☐ Sprinkle with almonds; toss gently.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:5.0247826135677%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epigallocatechin: 0.18mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 94.05kcal (4.7%), Fat: 7.66g (11.79%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.28g (1.55%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 37.89mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin K: 29.41µg (28.01%), Vitamin E: 1.99mg (13.24%), Vitamin A: 587.93IU (11.76%), Manganese: 0.19mg (9.48%), Fiber: 1.63g (6.54%), Folate: 22.36µg (5.59%), Vitamin B2: 0.09mg (5.09%), Magnesium: 20.17mg (5.04%), Copper: 0.09mg (4.56%), Phosphorus: 40.42mg (4.04%), Vitamin C: 3.07mg (3.73%), Potassium: 129.09mg (3.69%), Iron: 0.49mg (2.74%), Calcium: 24.13mg (2.41%), Vitamin B1: 0.03mg (2.3%), Vitamin B6: 0.04mg (1.94%), Zinc: 0.28mg (1.87%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.12mg (1.24%)