



Pomegranate and Poppy Seed Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup milk
- 2 cups pomegranate seeds
- 2 tablespoons poppy seeds
- 1 medium onion red sliced
- 2 heads the of 1 cos lettuce
- 1 cup salad dressing
- 0.7 cup sugar
- 0.3 cup vinegar white

Equipment

bowl

Directions

- In large bowl, mix all salad ingredients.
- In small bowl, mix all dressing ingredients until well blended.
- Pour over salad; toss to coat.
- Serve immediately.

Nutrition Facts



PROTEIN 6.44% **FAT 33.04%** **CARBS 60.52%**

Properties

Glycemic Index:21.42, Glycemic Load:10.83, Inflammation Score:-10, Nutrition Score:15.786087054273%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 148.8kcal (7.44%), Fat: 5.76g (8.86%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 20g (7.27%), Sugar: 19.11g (21.24%), Cholesterol: 1.22mg (0.41%), Sodium: 208.47mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin A: 9111.14IU (182.22%), Vitamin K: 122.46µg (116.63%), Folate: 155.25µg (38.81%), Manganese: 0.32mg (15.83%), Fiber: 3.73g (14.93%), Potassium: 378.41mg (10.81%), Vitamin C: 7.73mg (9.37%), Vitamin B1: 0.12mg (8%), Calcium: 76.32mg (7.63%), Iron: 1.32mg (7.32%), Phosphorus: 70.27mg (7.03%), Magnesium: 26.26mg (6.57%), Vitamin B6: 0.13mg (6.56%), Copper: 0.13mg (6.31%), Vitamin B2: 0.1mg (6.15%), Vitamin E: 0.76mg (5.08%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.31mg (3.05%), Vitamin B3: 0.47mg (2.34%), Selenium: 1.48µg (2.11%)