



Pomegranate and Queso Fresco Salsa

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup pinenuts
- ☐ 1 cup seeds from 1 pomegranate
- ☐ 2 tablespoons queso fresco crumbled
- ☐ 6 servings salt and pepper black freshly ground

Equipment

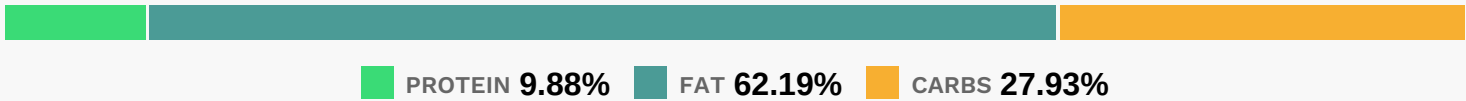
- ☐ bowl

☐ frying pan

Directions

- ☐ Toast the pine nuts in a dry skillet over medium heat until golden, 4 minutes.
- ☐ Transfer to a plate to cool.
- ☐ In a small bowl, mix the pomegranate seeds, basil, queso fresco, and cooled pine nuts.
- ☐ Drizzle with the olive oil and season with salt and pepper.
- ☐ Reprinted with permission from Mexican Made Easy: Everyday Ingredients, Extraordinary Flavor by Marcela Valladolid, © 2011 Clarkson Potter a division of Random House, Inc. MARCELA VALLADOLID is the host of Discovery Travel and Living's Relatos con Sabor (Stories with Flavor), which airs in every Latin American country and on Discovery Familia in the United States. Raised in Tijuana, Mexico, she attended the Los Angeles Culinary Institute and later the Ritz-Escoffier Cooking School in Paris. A former recipe editor/tester at Bon Appétit magazine, she became widely known after appearing as a contestant on The Apprentice: Martha Stewart. She and her young son divide time between Tijuana and San Diego.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.71, Inflammation Score:-2, Nutrition Score:4.3600000246711%

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, Epicatechin: 0.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 81.58kcal (4.08%), Fat: 6.01g (9.25%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.06g (4.52%), Cholesterol: 3.4mg (1.13%), Sodium: 38.01mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Manganese: 0.55mg (27.44%), Vitamin K: 10.9µg (10.38%), Phosphorus: 61.69mg (6.17%), Copper: 0.12mg (6.15%), Vitamin E: 0.81mg (5.4%), Fiber: 1.34g (5.35%), Magnesium: 19.18mg (4.79%), Zinc: 0.59mg (3.95%), Vitamin C: 2.95mg (3.58%), Calcium: 33.16mg (3.32%), Folate: 13.11µg (3.28%), Potassium: 107.75mg (3.08%), Vitamin B1: 0.04mg (2.75%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.34mg (1.68%), Selenium: 1.13µg (1.62%), Vitamin A: 77.07IU (1.54%), Vitamin B6: 0.03mg

(1.54%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.08µg (1.38%)