



Pomegranate, Arugula Salad



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups lightly arugula packed
- ☐ 2 tablespoons honey
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup parmigiano-reggiano shavings
- ☐ 1 pomegranate
- ☐ 0.3 cup pomegranate molasses

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 shallots sliced
- ☐ 0.3 cup walnuts toasted

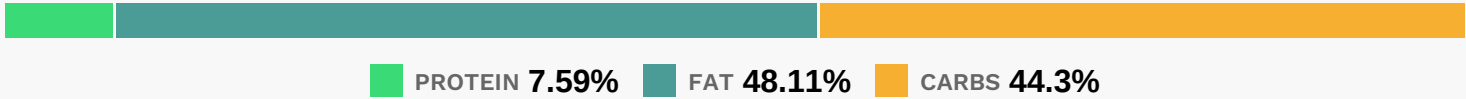
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ To make vinaigrette, combine molasses, lemon juice, honey and vinegar in a mixing bowl and whisk to combine.
- ☐ Slowly drizzle in olive oil while you whisk to emulsify. Season, to taste, with salt and pepper.
- ☐ Toss salad ingredients together and dress with the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:12.08, Inflammation Score:-7, Nutrition Score:10.848695701231%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 278.36kcal (13.92%), Fat: 15.52g (23.88%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 28.12g (10.22%), Sugar: 24.88g (27.65%), Cholesterol: 4.25mg (1.42%), Sodium: 112.48mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 49.66µg (47.29%), Manganese: 0.47mg (23.72%), Vitamin C: 13.83mg (16.76%), Folate: 66.6µg (16.65%), Fiber: 4.05g (16.19%), Vitamin A: 763.2IU (15.26%), Calcium: 140.36mg (14.04%), Copper: 0.26mg (13.22%), Vitamin E: 1.79mg (11.95%), Phosphorus: 114.88mg (11.49%), Potassium: 349.61mg (9.99%), Magnesium: 39.08mg (9.77%), Vitamin B6: 0.15mg (7.29%), Iron: 1.12mg (6.25%), Vitamin B1: 0.09mg (6.17%), Vitamin B2: 0.1mg (5.93%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.5mg (4.98%), Selenium: 2.37µg (3.39%), Vitamin B3: 0.43mg (2.13%), Vitamin B12: 0.08µg (1.25%)