



Pomegranate, Pear and Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby arugula
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 0.1 teaspoon paprika
- ☐ 2 pears cored quartered cut into 1/4-inch-thick slices

- ☐ 0.1 teaspoon pepper
- ☐ 1 cup pomegranate seeds
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots finely chopped

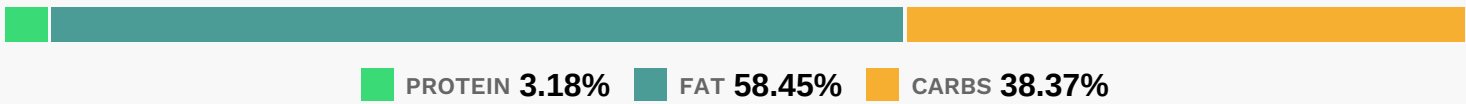
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk all dressing ingredients except oil.
- ☐ Whisk in oil. In a bowl, toss arugula, pomegranate seeds and pears with dressing; serve.

Nutrition Facts



Properties

Glycemic Index:40.84, Glycemic Load:5.09, Inflammation Score:-5, Nutrition Score:5.5926086591638%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 137.7kcal (6.88%), Fat: 9.48g (14.59%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.21g (10.23%), Cholesterol: 0mg (0%), Sodium: 158.21mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 27.22µg (25.92%), Vitamin C: 17.33mg (21%), Fiber: 2.65g (10.59%), Vitamin E: 1.57mg (10.45%), Vitamin A: 414.7IU (8.29%), Folate: 32.77µg (8.19%), Manganese: 0.12mg (5.99%), Potassium: 208.33mg (5.95%), Copper: 0.09mg (4.67%), Magnesium: 15.95mg (3.99%), Calcium: 34.84mg (3.48%), Vitamin B6: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.03%), Iron: 0.51mg (2.85%), Phosphorus: 27.04mg (2.7%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.22mg (1.48%), Vitamin B3: 0.26mg (1.31%)