



Pomegranate Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



458 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon juice of lemon



0.3 cup olive oil



0.5 cup pomegranate syrup



2 tablespoons red wine vinegar



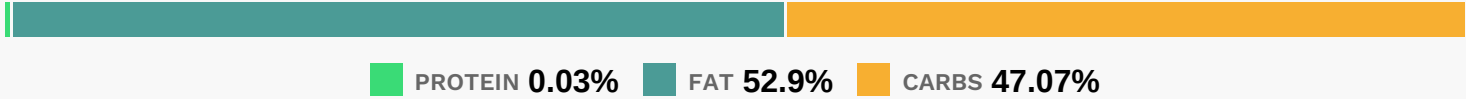
0.1 teaspoon salt

Equipment

Directions

☐ Combine all ingredients in a jar; cover tightly, and shake vigorously. Chill.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:53.53, Inflammation Score:0, Nutrition Score:2.3604347417536%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 457.58kcal (22.88%), Fat: 27.02g (41.57%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 54.06g (19.66%), Sugar: 37.43g (41.59%), Cholesterol: 0mg (0%), Sodium: 168.76mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin E: 3.9mg (25.99%), Vitamin K: 16.25µg (15.48%), Vitamin C: 2.98mg (3.61%), Iron: 0.27mg (1.48%), Copper: 0.02mg (1.18%), Magnesium: 4.25mg (1.06%), Potassium: 36.28mg (1.04%)