



Romaine Salad with Spicy Peanuts & Pomegranate Seeds

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp brown sugar
- 1 tsp butter
- 2 large stalks celery
- 0.1 tsp ground pepper red (cayenne)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup jicama strips
- 0.5 cup pomegranate seeds

- 0.5 cup planters roasted peanuts dry
- 4 cups romaine lettuce

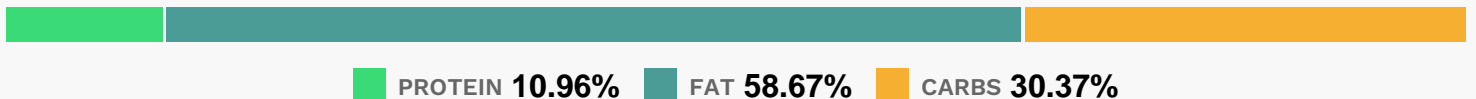
Equipment

- bowl
- frying pan
- baking sheet
- aluminum foil

Directions

- Toss peanuts with sugar and pepper. Melt butter in medium skillet on medium-high heat.
- Add peanut mixture; cook and stir 5 min. or until lightly toasted.
- Spread onto foil-covered baking sheet. Cool completely.
- Combine lettuce, celery and jicama in large bowl.
- Add dressing; mix lightly.
- Sprinkle with pomegranate seeds and seasoned peanuts.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:14.62260879803%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 199.83kcal (9.99%), Fat: 13.87g (21.34%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.35g (10.39%), Cholesterol: 2.69mg (0.9%), Sodium: 252.64mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin A: 4246.84IU (84.94%), Vitamin K: 65.8µg (62.67%), Manganese: 0.53mg (26.29%), Folate: 99.17µg (24.79%), Fiber: 4.51g (18.05%), Vitamin B3: 3.03mg (15.16%), Magnesium: 47.68mg (11.92%), Potassium: 377.48mg (10.79%), Vitamin E: 1.6mg (10.7%), Phosphorus: 100.06mg (10.01%), Vitamin C: 7.98mg (9.67%), Vitamin B6: 0.17mg (8.56%), Copper: 0.15mg (7.72%), Vitamin B1: 0.09mg (5.78%), Vitamin B2: 0.1mg (5.67%), Iron: 1.02mg (5.64%), Zinc: 0.76mg (5.1%), Vitamin B5: 0.48mg (4.82%), Calcium: 43.17mg (4.32%), Selenium: 2.58µg (3.68%)