



Romaine Salad with Spicy Peanuts & Pomegranate Seeds

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



32 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

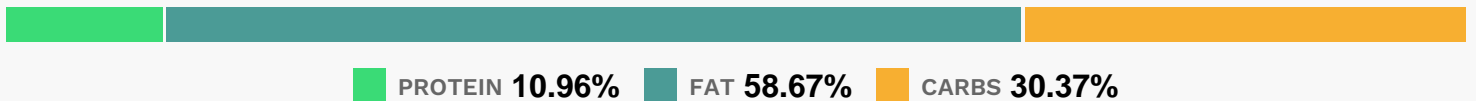
Equipment

- 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:7.84, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:2.3408695696651%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 31.97kcal (1.6%), Fat: 2.22g (3.41%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.5g (1.66%), Cholesterol: 0.43mg (0.14%), Sodium: 40.42mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin A: 679.49IU (13.59%), Vitamin K: 10.53µg (10.03%), Manganese: 0.08mg (4.21%), Folate: 15.87µg (3.97%), Fiber: 0.72g (2.89%), Vitamin B3: 0.49mg (2.43%), Magnesium: 7.63mg (1.91%), Potassium: 60.4mg (1.73%), Vitamin E: 0.26mg (1.71%), Phosphorus: 16.01mg (1.6%), Vitamin C: 1.28mg (1.55%), Vitamin B6: 0.03mg (1.37%), Copper: 0.02mg (1.24%)