



Salad of Fall Greens with Persimmons and Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 11 ounces endive (12 cups)
- ☐ 2 fuyu persimmon pulp peeled halved thinly sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup hazelnuts toasted
- ☐ 5 ounce baby greens mixed
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon tangerine peel grated
- ☐ 0.8 cup tangerine juice fresh
- ☐ 0.8 cup vegetable oil
- ☐ 2 tablespoons walnut oil
- ☐ 6 cups watercress stemmed

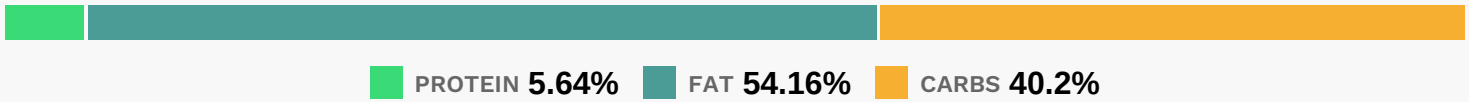
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Boil tangerine juice and tangerine peel in heavy small saucepan over medium-high heat until reduced to 1/4 cup, about 5 minutes.
- ☐ Transfer to medium bowl.
- ☐ Whisk in next 5 ingredients. Season dressing with pepper. (Can be made 1 day ahead. Cover; chill. Rewhisk before using.)
- ☐ Place all greens and half of persimmon slices in large bowl.
- ☐ Add dressing and toss to coat. Divide salad among plates. Top each with remaining persimmon slices and hazelnuts and serve.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:12.37999994081%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Epigallocatechin 3–gallate: 0.05mg Hesperetin: 2.86mg, Hesperetin: 2.86mg, Hesperetin: 2.86mg, Hesperetin: 2.86mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 6.54mg, Kaempferol: 6.54mg, Kaempferol: 6.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 128.5kcal (6.43%), Fat: 8.25g (12.7%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 12.34g (4.49%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 113.72mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin K: 108.27µg (103.11%), Vitamin C: 35.22mg (42.69%), Vitamin A: 1280.23IU (25.6%), Manganese: 0.49mg (24.68%), Vitamin E: 2.35mg (15.66%), Folate: 49.27µg (12.32%), Potassium: 309.99mg (8.86%), Iron: 1.32mg (7.32%), Copper: 0.14mg (6.79%), Fiber: 1.44g (5.77%), Vitamin B1: 0.08mg (5.38%), Calcium: 52.85mg (5.29%), Phosphorus: 46.65mg (4.66%), Magnesium: 18.53mg (4.63%), Vitamin B5: 0.37mg (3.67%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.38mg (2.53%), Vitamin B3: 0.31mg (1.55%)