



Spicy Greens and Pear Salad with Pomegranate Gremolata

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounces spicy baby greens mixed
- 30 servings pepper black freshly ground
- 3 bosc pears thinly sliced lengthwise
- 1 tablespoon dijon mustard
- 3 tablespoons flat-leaf parsley finely chopped
- 1 tablespoon honey
- 30 servings kosher salt

- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon orange zest finely grated
- 2 tablespoons pomegranate molasses
- 1 cup pomegranate seeds
- 2 tablespoons red wine vinegar
- 1 shallots minced

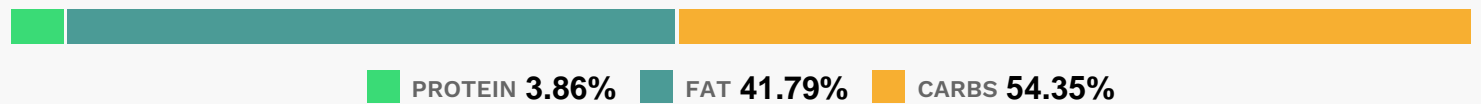
Equipment

- bowl
- whisk

Directions

- In a small bowl, combine the pomegranate seeds with the parsley, shallot and orange zest. Season with salt and black pepper.
- In another small bowl, whisk the oil with the pomegranate molasses, vinegar, honey and mustard; season with salt and pepper.
- In a large bowl, toss the greens with the dressing and season lightly with salt and black pepper.
- Transfer the salad to plates or a platter and top with the pear slices and pomegranate gremolata.
- Serve right away.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:1.8617391599261%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 39.18kcal (1.96%), Fat: 1.92g (2.96%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 203.81mg (8.86%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 9.5µg (9.05%), Vitamin C: 5.27mg (6.38%), Vitamin A: 200.25IU (4%), Fiber: 0.86g (3.45%), Manganese: 0.06mg (2.77%), Folate: 9.54µg (2.38%), Vitamin E: 0.32mg (2.13%), Potassium: 65.89mg (1.88%), Copper: 0.03mg (1.69%), Vitamin B6: 0.02mg (1.23%), Iron: 0.21mg (1.16%), Phosphorus: 11.18mg (1.12%), Magnesium: 4.31mg (1.08%)