



Spinach Pomegranate Salad With Pears and Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large firm-ripe bartlett pear
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon thyme leaves fresh minced
- ☐ 0.5 cup hazelnuts toasted coarsely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 0.8 cup pomegranate juice unsweetened
- ☐ 0.5 cup pomegranate seeds
- ☐ 0.8 cup radicchio thinly shredded finely (from 1 head)
- ☐ 5 ounces spinach leaves packed (2 lightly qts.)

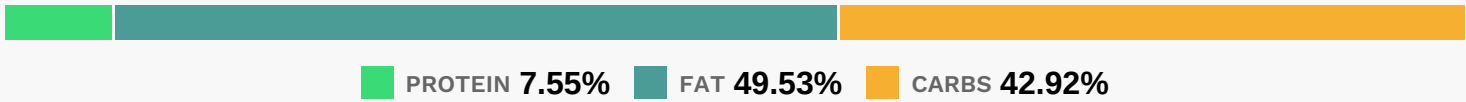
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan, boil pomegranate juice until reduced to 1/4 cup, 5 to 6 minutes.
- ☐ Let cool.
- ☐ Whisk in lemon juice, oil, salt, thyme, and pepper.
- ☐ In a salad bowl, gently mix spinach, radicchio, pomegranate seeds, and hazelnuts with dressing. Divide among 6 plates.
- ☐ Quarter pear and core. Thinly slice crosswise, then stack slices and cut in matchsticks. Arrange pear on salads.
- ☐ Cut a pomegranate into chunks. Put chunks in a bowl of water, and, working under water, use your hands to break seeds free from pith.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:3.42, Inflammation Score:-9, Nutrition Score:14.508260758027%

Flavonoids

Cyanidin: 7.77mg, Cyanidin: 7.77mg, Cyanidin: 7.77mg, Cyanidin: 7.77mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.03mg,

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg
Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 133.89kcal (6.69%), Fat: 7.84g (12.06%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 11.97g (4.35%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 217.21mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin K: 136.06µg (129.58%), Manganese: 0.9mg (45.18%), Vitamin A: 2233.56IU (44.67%), Folate: 75.61µg (18.9%), Vitamin E: 2.53mg (16.9%), Vitamin C: 11.86mg (14.37%), Copper: 0.28mg (13.95%), Fiber: 3.32g (13.26%), Magnesium: 42.06mg (10.52%), Potassium: 355.69mg (10.16%), Iron: 1.31mg (7.29%), Vitamin B6: 0.14mg (6.97%), Vitamin B1: 0.1mg (6.84%), Phosphorus: 55.44mg (5.54%), Vitamin B2: 0.08mg (4.7%), Calcium: 44.74mg (4.47%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.28mg (2.81%), Vitamin B3: 0.54mg (2.71%), Selenium: 0.73µg (1.04%)