



Spinach Salad with Warm Pomegranate Salad Dressing

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup pomegranate juice
- 0.5 cup honey
- 2 tablespoons sugar
- 1 tablespoon dijon mustard
- 1 tablespoon soya sauce
- 1 teaspoon seasoning italian
- 0.5 teaspoon garlic powder

- 0.3 cup olive oil
- 1 serving salt and pepper to taste
- 9 oz pkt spinach fresh
- 0.5 cup onion red sliced
- 4 hardboiled eggs sliced
- 0.5 lb bacon crumbled cooked
- 1 cup cherry tomatoes
- 0.5 cup pomegranate seeds fresh

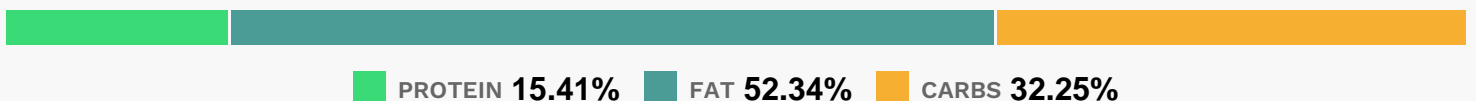
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 1-quart saucepan, heat pomegranate juice, honey and sugar over medium-high heat. Simmer about 5 minutes, stirring until sugar dissolves and sauce thickens slightly.
- Remove from heat; pour in heatproof glass bowl.
- Add mustard, soy sauce, Italian seasoning and garlic powder. While beating with whisk, slowly add olive oil, beating until well blended. Season to taste with salt and pepper. Set aside.
- Place spinach in large salad bowl. Top with onion, egg slices, bacon and tomatoes.
- Drizzle warm dressing over salad. Top with pomegranate seeds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.34, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:33.716956553252%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 741.45kcal (37.07%), Fat: 44.11g (67.86%), Saturated Fat: 11.07g (69.17%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 57.73g (20.99%), Sugar: 54.19g (60.21%), Cholesterol: 242.63mg (80.88%), Sodium: 1419.58mg (61.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin K: 333.2µg (317.33%), Vitamin A: 6455.95IU (129.12%), Selenium: 47.16µg (67.37%), Folate: 180.4µg (45.1%), Manganese: 0.85mg (42.35%), Phosphorus: 381.59mg (38.16%), Vitamin C: 30.29mg (36.72%), Vitamin B3: 7.15mg (35.75%), Vitamin E: 5.32mg (35.46%), Vitamin B2: 0.57mg (33.65%), Vitamin B6: 0.62mg (30.76%), Vitamin B1: 0.46mg (30.55%), Potassium: 1042.14mg (29.78%), Magnesium: 91.23mg (22.81%), Iron: 3.94mg (21.86%), Zinc: 2.97mg (19.83%), Vitamin B12: 1.17µg (19.55%), Vitamin B5: 1.77mg (17.66%), Fiber: 3.41g (13.66%), Copper: 0.26mg (12.99%), Calcium: 126.34mg (12.63%), Vitamin D: 1.33µg (8.85%)