



Tossed Greens with Grapefruit Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- 3 tablespoons vegetable oil
- 2 tablespoons grapefruit juice
- 2 tablespoons seasoned rice vinegar
- 1 teaspoon dijon mustard
- 1 clove garlic finely chopped
- 1 head lettuce
- 1 head endive
- 1 small head radicchio thinly sliced

- 0.8 cup onion red sliced
- 2 grapefruit peeled cut into sections
- 0.5 cup pomegranate seeds

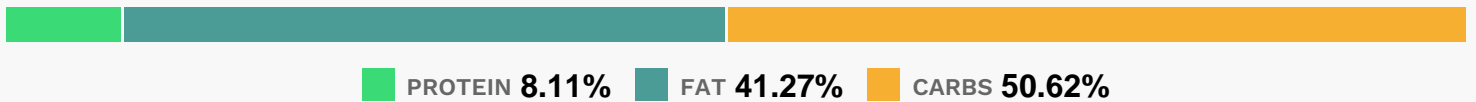
Equipment

- bowl

Directions

- In tightly covered container, shake all vinaigrette ingredients until well blended.
- In large serving bowl, mix lettuce, escarole, radicchio and onion. Top with grapefruit sections and pomegranate seeds. Just before serving, add vinaigrette; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:18.526087050853%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 10.04mg, Luteolin: 10.04mg, Luteolin: 10.04mg, Luteolin: 10.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 150.89kcal (7.54%), Fat: 7.47g (11.5%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 14.69g (5.34%), Sugar: 11.28g (12.53%), Cholesterol: 0mg (0%), Sodium: 41.65mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin K: 273.5µg (260.47%), Vitamin A: 3065.68IU (61.31%), Vitamin C: 40.39mg (48.96%), Folate: 167.81µg (41.95%), Manganese: 0.54mg (26.87%), Fiber: 5.93g (23.73%),

Potassium: 625.78mg (17.88%), Vitamin E: 1.81mg (12.09%), Copper: 0.24mg (12.05%), Vitamin B5: 1.13mg (11.34%),
Vitamin B1: 0.16mg (10.56%), Calcium: 86.81mg (8.68%), Magnesium: 33.19mg (8.3%), Phosphorus: 77.47mg (7.75%),
Vitamin B6: 0.15mg (7.66%), Vitamin B2: 0.13mg (7.41%), Iron: 1.33mg (7.38%), Zinc: 1.04mg (6.94%), Vitamin B3:
0.73mg (3.67%), Selenium: 1.1µg (1.57%)