



Tu B'Shevat Salad with Pomegranate Dressing



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 apples sweet well (Gala, Honeycrisp, and Pink Lady work)
- ☐ 0.3 tsp pepper black
- ☐ 1 head boston lettuce
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup golden raisins
- ☐ 2 tbsp juice of lemon
- ☐ 2.5 tbsp mayonnaise

- ☐ 1 pears ripe
- ☐ 0.3 cup pomegranate juice
- ☐ 0.3 cup pomegranate seeds
- ☐ 6 servings the salad
- ☐ 0.5 tsp salt
- ☐ 1 tbsp sugar

Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tu B'Shevat Salad with Pomegranate Dressing
- ☐ Salad Ingredients1 head butter lettuce, torn into pieces1 ripe pear1 sweet apple (Gala, Honeycrisp, and Pink Lady work well)1/3 cup golden raisins1/3 cup sliced toasted almonds1/3 cup pomegranate seeds
- ☐ Edible flowers for garnish (optional)Pomegranate Dressing Ingredients1/4 cup pomegranate juice2 1/2 tbsp mayonnaise2 tbsp lemon juice1 tbsp sugar1/2 tsp salt1/4 tsp black pepper1/4 cup extra virgin olive oil
- ☐ You will also needsalad bowl, blender
- ☐ Prep Time: 5 Minutes
- ☐ Cook Time: 5 Minutes
- ☐ Total Time: 10 Minutes
- ☐ Servings: 6 side salad servings
- ☐ Kosher Key: Pareve

Nutrition Facts



 **PROTEIN 4.85%**  **FAT 59.11%**  **CARBS 36.04%**

Properties

Glycemic Index:59.08, Glycemic Load:8.27, Inflammation Score:-8, Nutrition Score:10.634782451974%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 253.77kcal (12.69%), Fat: 17.64g (27.14%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 20.52g (7.46%), Sugar: 16.13g (17.92%), Cholesterol: 2.41mg (0.81%), Sodium: 245.18mg (10.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 47.55µg (45.28%), Vitamin A: 1382.53IU (27.65%), Vitamin E: 3.77mg (25.13%), Vitamin C: 16.09mg (19.5%), Manganese: 0.37mg (18.58%), Fiber: 3.67g (14.69%), Folate: 48.61µg (12.15%), Potassium: 369.94mg (10.57%), Vitamin B2: 0.17mg (9.83%), Magnesium: 38.12mg (9.53%), Copper: 0.19mg (9.39%), Phosphorus: 85.1mg (8.51%), Iron: 1.23mg (6.85%), Vitamin B6: 0.13mg (6.31%), Calcium: 48.25mg (4.82%), Vitamin B1: 0.06mg (4.18%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.25mg (2.52%), Selenium: 0.97µg (1.38%)