



Watercress Endive Salad with Blood Oranges and Pomegranates



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 bunches arugula
- ☐ 3 heads belgian endive thinly sliced
- ☐ 8 large blood oranges
- ☐ 4 tbsp champagne vinaigrette
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 cup slivered almonds toasted

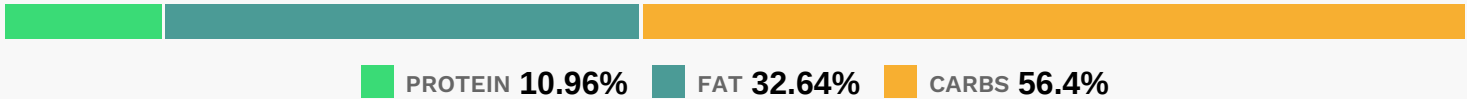
Equipment

- ☐ bowl
- ☐ knife
- ☐ cutting board

Directions

- ☐ With a small, sharp knife, cut ends off oranges. Set 1 orange, cut side down, on a cutting board. Following its curve with the knife, slice off peel and white pith.
- ☐ Cut between inner membranes and fruit to release segments; drop segments into bowl. Repeat with remaining oranges.
- ☐ Rinse and dry watercress. In a large bowl, toss watercress, Belgian endive, and oranges with just enough vinaigrette to coat. Divide among 12 salad plates and garnish each salad with pomegranate seeds and toasted almonds.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:12.326956650485%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 33.43mg, Hesperetin: 33.43mg, Hesperetin: 33.43mg, Hesperetin: 33.43mg Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 121.51kcal (6.08%), Fat: 4.74g (7.3%), Saturated Fat: 0.38g (2.34%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 13.63g (4.96%), Sugar: 12.88g (14.31%), Cholesterol: 0mg (0%), Sodium: 6.03mg (0.26%), Alcohol: 0.32g (100%), Alcohol %: 0.24% (100%), Protein: 3.59g (7.17%), Vitamin C: 71.7mg (86.91%), Vitamin K: 32.37µg (30.83%), Fiber: 4.82g (19.26%), Vitamin E: 2.69mg (17.94%), Manganese: 0.29mg (14.41%), Vitamin A: 678.81IU

(13.58%), Folate: 49.43µg (12.36%), Potassium: 377.73mg (10.79%), Magnesium: 41.84mg (10.46%), Vitamin B2: 0.17mg (10.26%), Vitamin B1: 0.15mg (9.95%), Calcium: 91.93mg (9.19%), Copper: 0.18mg (8.78%), Phosphorus: 74.62mg (7.46%), Vitamin B6: 0.11mg (5.69%), Vitamin B5: 0.43mg (4.33%), Vitamin B3: 0.74mg (3.71%), Iron: 0.55mg (3.08%), Zinc: 0.43mg (2.86%), Selenium: 1.17µg (1.67%)